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# KETO Baking

Make delicious treats at home that will keep you on track

58+

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# Welcome to **KETO**Baking



The art of baking has soared in popularity in recent years, with more and more people stepping into the kitchen to test out and develop their skills. This simple recipe book aims to celebrate the best of keto friendly everyday bakes all under 10g net carbs. The ketogenic or 'keto' diet has revolutionised the way people view different food groups. By studying the science behind what we're putting into our bodies, and analysing the many health benefits of the keto diet, it's clear to see why so many people are losing weight, becoming healthier and generally feeling better when adopting a high-fat, low-carb diet. The diet can be very limiting when it comes to sweet treats, however, which is why we have compiled over 58 delicious keto friendly baked goods. We look briefly at what the keto diet involves and what the benefits are, before taking a closer look at keto baking secrets and low-carb flour alternatives. Discover how to make tasty cupcakes, show-stopping cakes, moreish cookies, breads, doughnuts and so much more. Grab your apron, preheat the oven and start filling your home with the mouth-watering aroma of home baking today!



「 FUTURE 」



# KETO Baking

**Future PLC** Richmond House, 33 Richmond Hill,  
Bournemouth, Dorset, BH2 6EZ

## Editorial

Editor **Rebecca Greig**

Designer **Alison Innes, Jordan Travers**

Editorial Director **Jon White**

Senior Art Editor **Andy Downes**

## Contributors

Rebecca Greig, Rebecca Lewry-Gray,  
Alice Barnes-Brown, Laurie Newman

## Photography

Directed by **Rebecca Greig**

Photographer **James Sheppard**

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## Advertising

Media packs are available on request

Commercial Director **Clare Dove**  
clare.dove@futurenet.com

## International

Head of Print Licensing **Rachel Shaw**  
licensing@futurenet.com

## Circulation

Head of Newstrade **Tim Mathers**

## Production

Head of Production **Mark Constance**

Production Project Manager **Clare Scott**

Advertising Production Manager **Joanne Crosby**

Digital Editions Controller **Jason Hudson**

Production Managers **Keely Miller, Nola Cokely,**  
**Vivienne Calvert, Fran Twentyman**

## Management

Chief Content Officer **Aaron Asadi**

Commercial Finance Director **Dan Jotcham**

Head of Art & Design **Greg Whitaker**

**Printed by** William Gibbons, 26 Planetary Road,  
Willenhall, West Midlands, WV13 3XT

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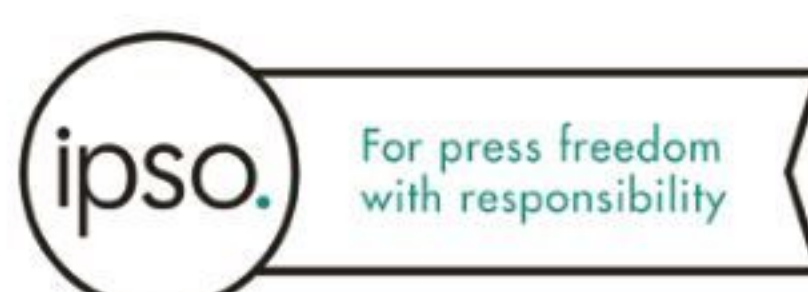
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Chief executive **Zillah Byng-Thorne**  
Non-executive chairman **Richard Huntingford**  
Chief financial officer **Penny Ladkin-Brand**

Tel +44 (0)1225 442 244





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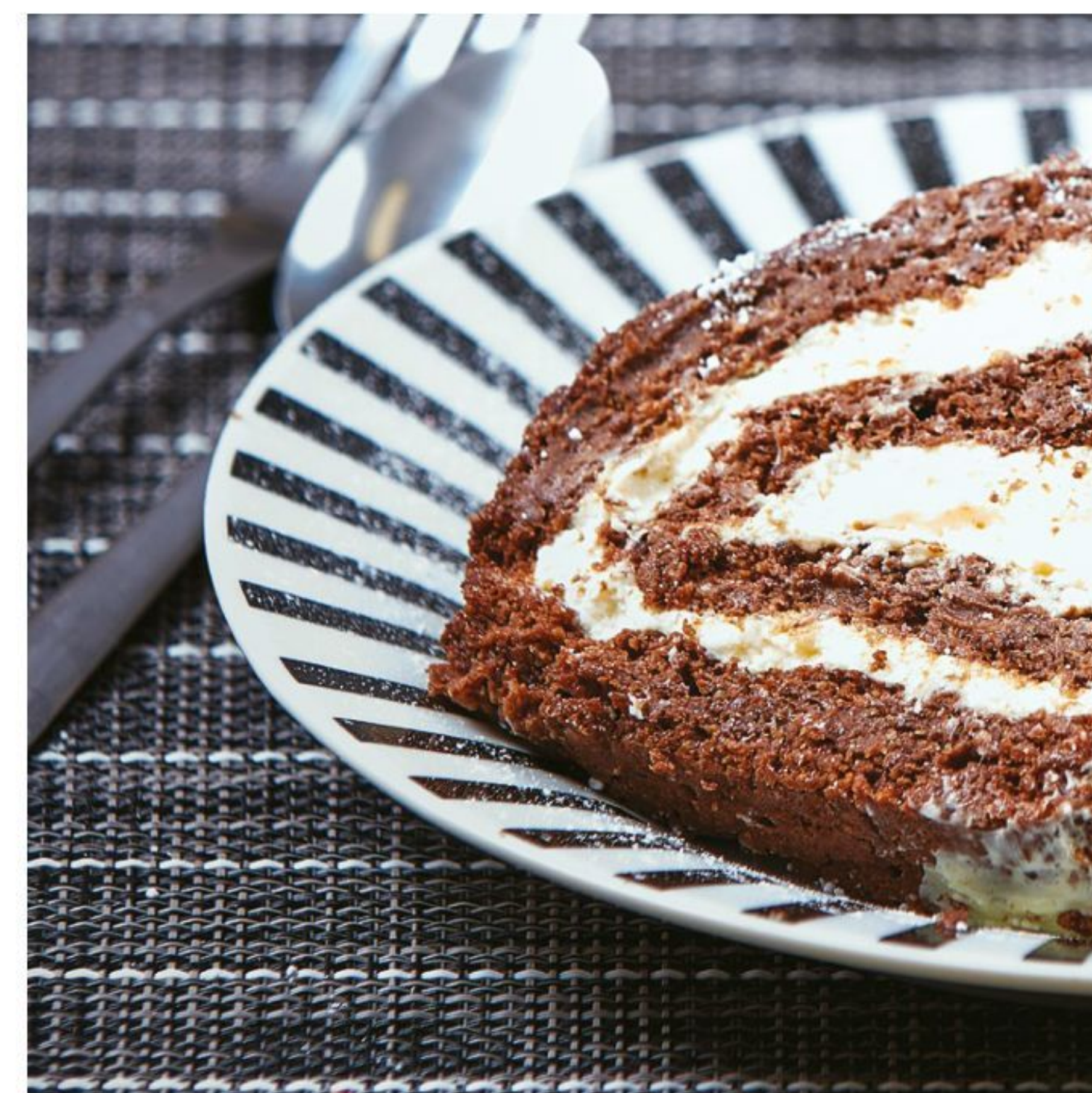
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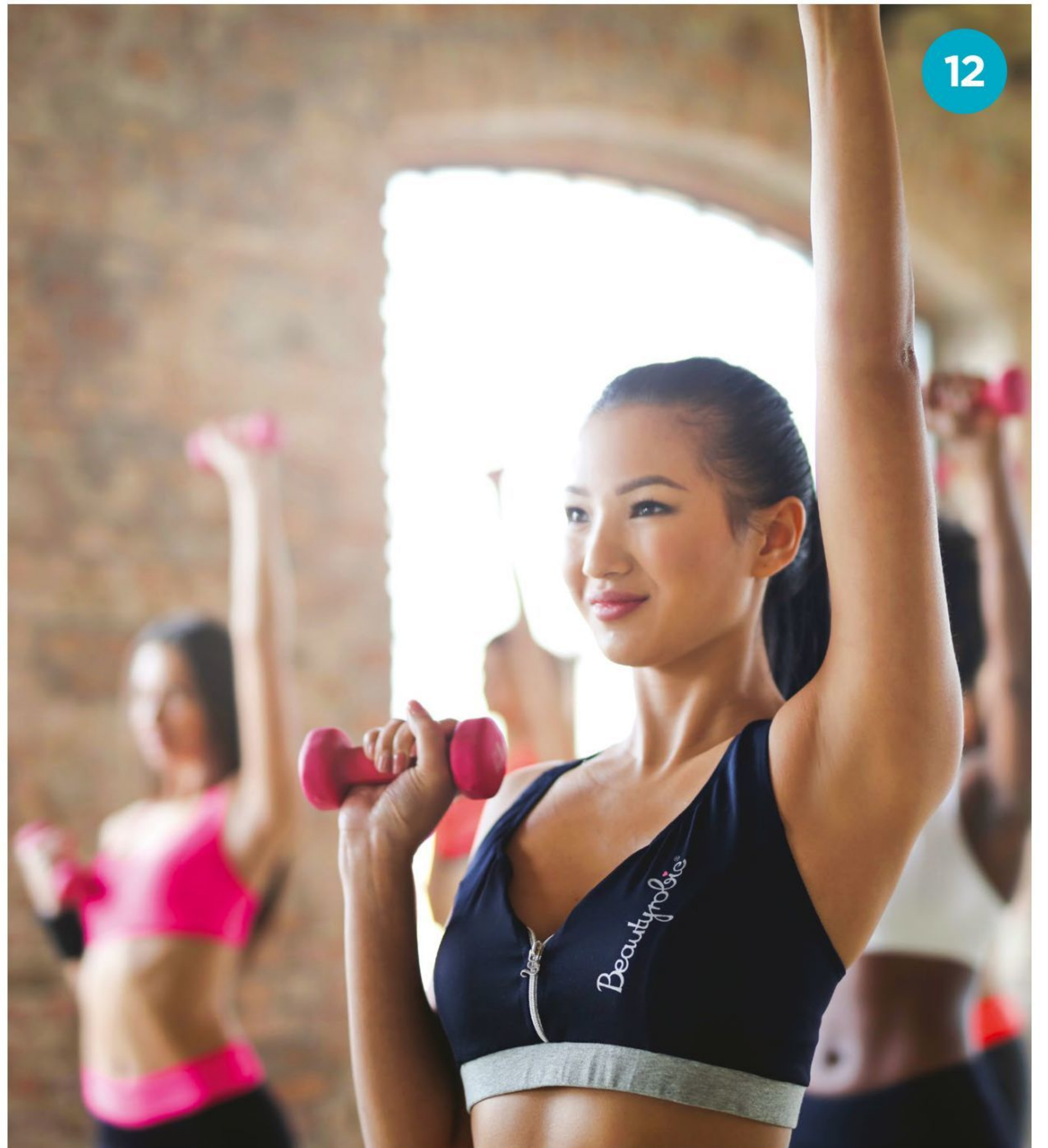
# KETO BAKING

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“Avoiding pre-bought junk food is a must, but why not treat yourself to tasty homemade goodies”











A keto diet eliminates most carbs, and instead focuses mainly on sources of fat, with some protein and above-ground vegetables

# WHAT IS A KETO DIET?

*We explore the basic principles of a keto diet, how it works and what happens inside your body*

**K**eto is a short term for 'ketogenic' and refers to a low-carbohydrate, high-fat (or 'LCHF') diet.

There have been many variants of a low-carb approach to eating over the years. These diets come in and out of fashion, lauded by many as 'miracle weight-loss systems' and discredited by others.

The ketogenic diet, however, has its roots in the medical world. It is widely used to treat certain types of hard-to-control epilepsy in children. By inducing a state of ketosis, it is thought to lead to a reduction in the frequency of epileptic seizures. A ketogenic diet has been used in this way since the 1920s, and is monitored and controlled by doctors.

Interest in a ketogenic diet has been growing over the last two decades. The diet has moved into the mainstream and is now used as a lifestyle option, primarily to lose weight, though there are other reputed benefits.

## Understanding carbs

If you're going to be reducing a major food group from your diet, it's worth understanding what role it

plays. Carbohydrates (carbs) are one of the three key macronutrients (macros) in our food, alongside fat and protein. Most foods will have a combination of all three macros in various quantities, so it's impossible to avoid carbs completely.

There are three types of carbs: sugar (both natural and additive), starch (found in products made from plants, such as pasta or bread) and fibre (found in the cell walls of plant foods, which is why wholewheat is best as the fibre isn't stripped).

These carbs are used by the body as our main source of energy. They are broken down into glucose (sugar) and absorbed into the blood stream. The glucose is helped by the production of insulin to enter the body's cells. Any leftover glucose is converted to glycogen in the liver and muscles. Excess glucose that can't be converted to glycogen is stored as fat, for long-term energy.

Good-quality carbs that are high in fibre and starch release this glucose into the blood more slowly, which is why they give you a consistent energy release and keep you feeling full. Carbs that are primarily sugar, like sweets, cakes, biscuits and so on, release sugar quickly. This is why they give you a fast





While many fruits are ruled out for being high in carbs, berries are allowed on the keto diet, and make a good option for snacks

energy burst that is often short-lived, and leave you feeling hungry again a little while later.

Fibre is important to our health, as it helps with healthy digestion, can reduce cholesterol and may be associated with a lower risk of certain diseases like type 2 diabetes and bowel cancer (source: NHS UK).

## Going low-carb

So, if carbohydrates are so essential to our bodily systems, why would you want to cut them out?

The basic idea behind a keto diet is instead of using carbs, and therefore glucose, as your primary energy source, you use fat. Your body will naturally access glucose energy first, as it is the easiest to release, so any energy from fats is stored until it is needed. If you reduce the amount of carbs you eat, you will become low on glucose and force the body to break down that stored fat for energy instead.

This causes the production of ketones in your blood. If you continue to build up these ketones, your body will go into a state called ketosis. This is a natural survival process in the body used when food is scarce. Of course, this isn't a situation we usually find ourselves in these days, so a keto diet is a deliberate attempt to put the body into ketosis and burn ketones as a primary energy source.

## A keto diet

A keto diet is essentially low in carbs and high in fat. It's not 'no carbs', but around five to ten per cent of your diet or less should be carbs. Up to 80 per cent is then made up of fat, with the rest coming from protein. The diet aims for 'adequate' protein intake – if there are limited carbs in your diet, protein will be converted into glucose too. Therefore, it's important to balance the right amount of protein in a keto diet to achieve true ketosis.

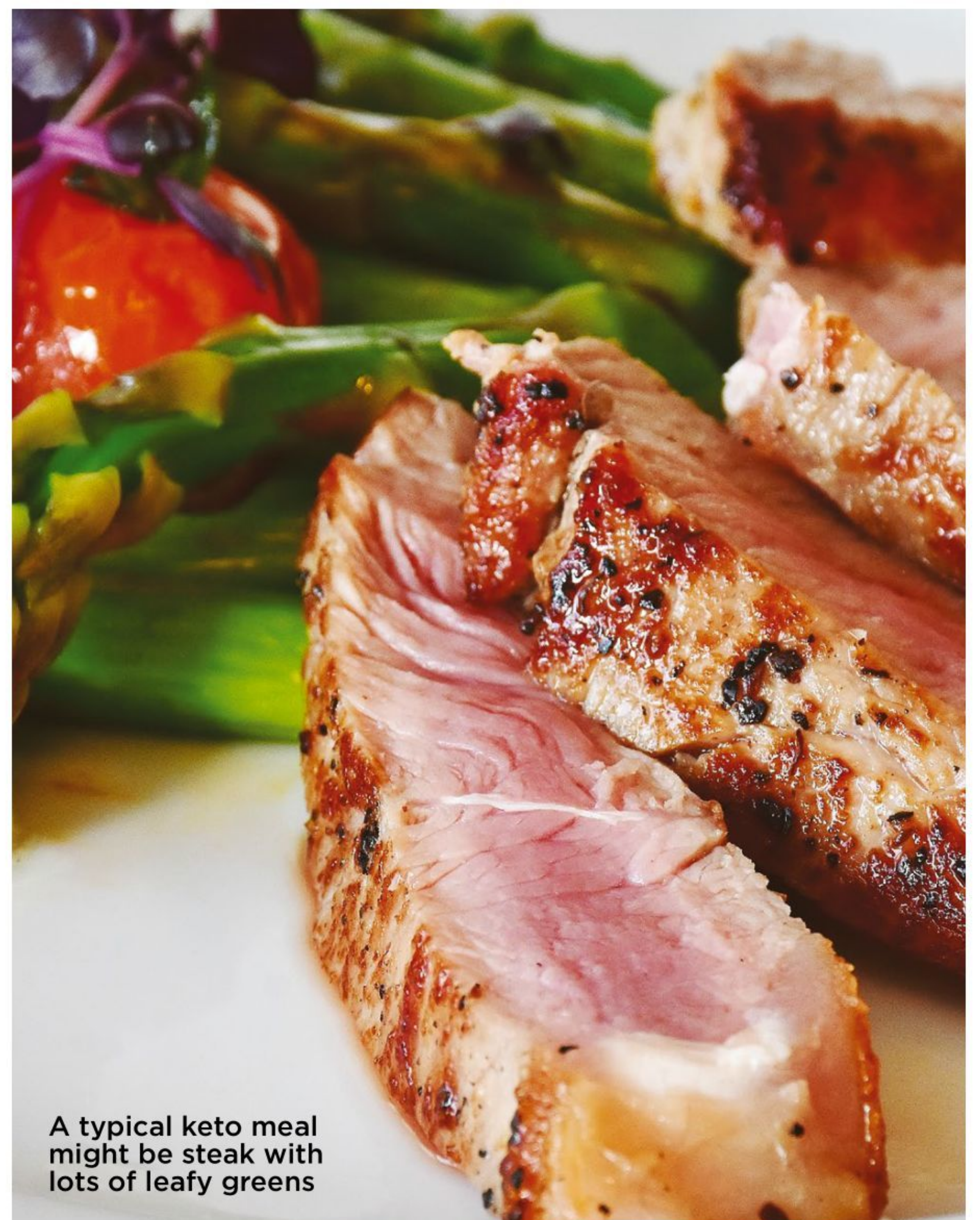
A keto diet focuses on good-quality foods; it's not reliant on high saturated fats like some low-carb diets are. It's a diet rich in lean meat, non-starchy vegetables, high-fat dairy products, low-carb fruits, healthy fats, nuts and seeds.

Throughout this book, we'll explore the keto diet, its benefits and what you can eat, with plenty of top tips and advice too.



## Ketogenic macros

We have mentioned macros, with the three key macros being carbs, fat and protein. In a traditional diet, just over a third of our diet should be fruit and veg, just over a third should be starchy carbohydrates, and the rest made up of dairy/dairy alternatives, sources of protein and unsaturated fats. There are many different ketogenic ratios out there, but they are all approximately the same. At least 70 per cent of your calories should be from fat, 15 to 25 per cent from protein, and 10 per cent from carbs. However, many forms of the diet will have carbs as low as 5 per cent.



A typical keto meal might be steak with lots of leafy greens



# THE BENEFITS OF A KETO DIET

*It's not just about weight loss – the keto diet has a number of reported benefits for both mind and body*

**L**ow-carb diets have been around for a long time, and their benefits are well reported. Over the years, they have received some negative press, with many believing that the high fat intake was damaging, causing an increase in heart-disease risk factors and cholesterol levels.

However, in the last couple of decades, many studies have been undertaken looking into the merits of a low-carb lifestyle. These studies have found that a low-carb diet can in fact be healthy and beneficial, debunking many of the older beliefs.

The diets themselves have also evolved. The keto diet, while low carb, is based around healthy, balanced eating. It's about choosing a good variety of foods to nourish your body and being mindful about what you eat.

## Weight loss

One of the main reasons many people are drawn to a low-carb way of eating is to lose weight. Cutting the carbs from your diet is a quick and easy way to drop fat and lose pounds. In the initial stages, there can be a sudden and dramatic weight loss, but this is mostly water weight. However, following the diet long-term can lead to substantial but steady weight loss, and then help you to maintain your target weight.

There are a few reasons why low-carb diets are more effective than, for example, low-fat diets. For a start, the increase in eating fat-based foods means you generally feel fuller for longer. When removing carbs from your diet, while eating moderate protein and high-fat products, appetite tends to decrease. This naturally leads to fewer calories being consumed and therefore a drop in weight. This is significant. Many dieters fail because, simply, they are hungry. Hunger encourages bad food choices. Take hunger away and you're far more likely to be able to stick to your diet.

The sustained weight loss comes from treating the switch to keto as a lifestyle change and not a diet. Pushing the body into ketosis and then stopping once you hit your target weight will send your body yo-yoing and increase the likelihood of weight gain. It's much better to enter into a keto diet as a long-term plan. Once you are at goal weight, you may be able to introduce slightly more carbs from a healthy source and still retain the benefits.

## Improved blood results

There are many benefits of the keto diet that you can't see on the outside as noticeably as weight loss. One of these is an increase in HDL cholesterol levels. As previously mentioned, one of the concerns about a diet high in fat was increased cholesterol, but it is important to understand how cholesterol works in the body.

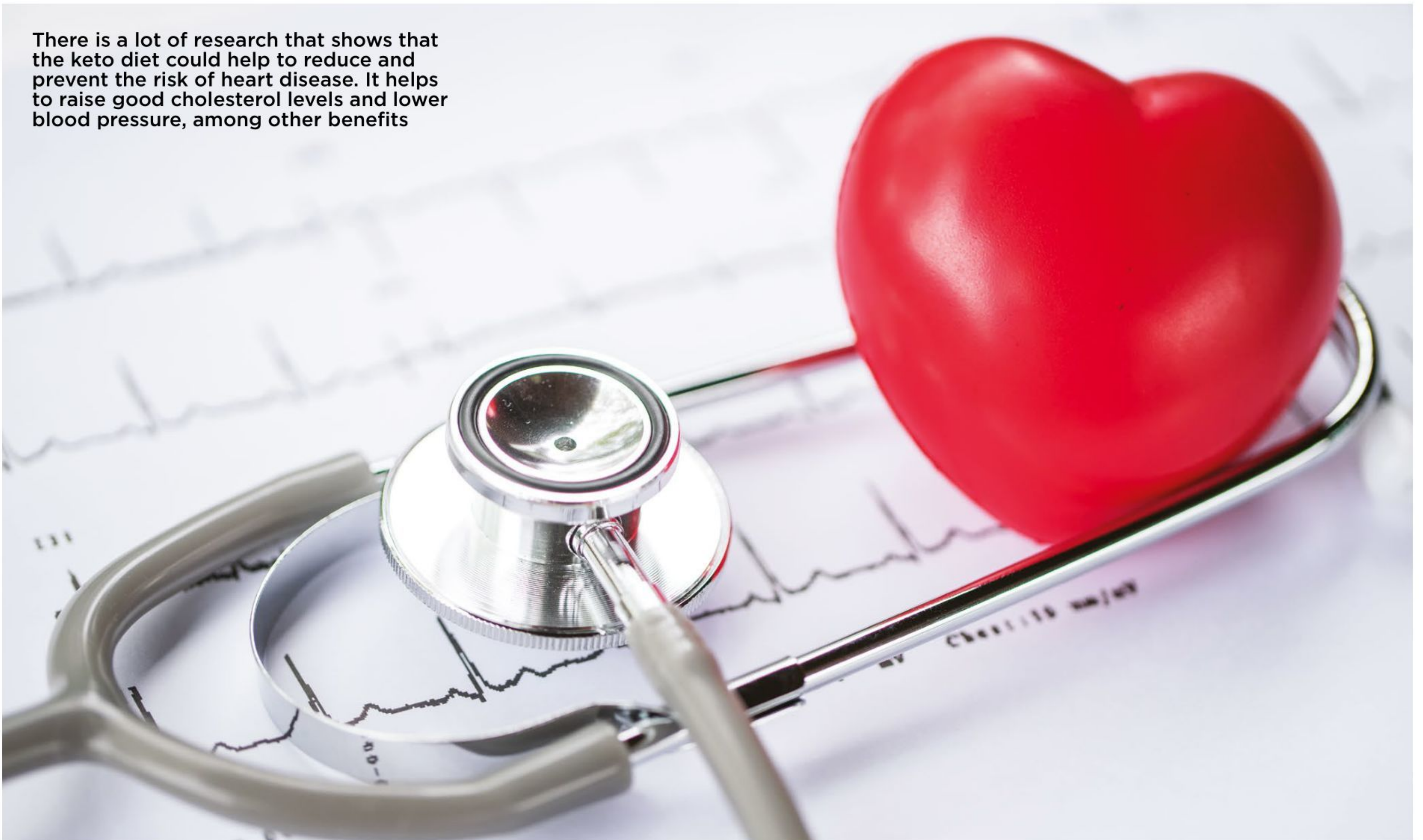
First, your body has both cholesterol and lipoproteins, the latter of which are carriers that transport cholesterol around your body. These molecules are made up of fat and protein. There are quite a few different types of lipoproteins, but the ones we hear about most often are LDL and HDL, standing for low-density lipoproteins and high-density lipoproteins respectively. LDL cholesterol is the 'bad' type. It carries cholesterol from the

There are many benefits of a keto diet, including weight loss, increased energy, better mental focus and improved wellbeing





There is a lot of research that shows that the keto diet could help to reduce and prevent the risk of heart disease. It helps to raise good cholesterol levels and lower blood pressure, among other benefits



liver and into the rest of the body, where it can be damaging. It's important to keep this LDL cholesterol low. HDL cholesterol does the opposite job: it carries cholesterol away from your body and to the liver, where it can be used as needed or removed as a waste product. High levels of HDL cholesterol lower your risk of heart disease. HDL cholesterol levels can be increased by eating good sources of fat, which is the main component of the keto diet. Low levels of HDL cholesterol can decrease the risk of diabetes as well as heart problems. Worldwide studies have shown that a low-carb diet can help to increase HDL cholesterol levels.

The keto diet is also reported to help lower triglyceride levels. Triglycerides are fat molecules found in your blood. A high level of triglycerides can increase your risk of heart disease. Triglycerides are usually checked at the same time as cholesterol, though they are different. High levels of triglycerides may thicken the walls of the arteries, which can lead to a stroke or heart attack. High triglycerides can sometimes be noted alongside other conditions too, such as type 2 diabetes, thyroid problems and liver disease. Therefore, it's important to control your triglyceride levels.

Some of the best ways to reduce your triglyceride levels are to lose weight if you need to, reduce excess calorie consumption, avoid sugary, refined and simple carbohydrates, and eat plenty of healthy fats. You can see why the keto diet would have such a good effect, as it ticks all of these boxes.

Finally, the keto diet has a positive impact on your blood pressure – it helps to lower it. A lower blood pressure means a reduced risk of many diseases and conditions.



## Seeking professional advice and guidance

We've mentioned here the many reported benefits of the keto diet in relation to treating or preventing various ailments. If you do have diabetes, high blood pressure, high cholesterol or any other condition, you should always speak to a doctor before undertaking a new diet, including the keto diet. While the diet is safe for many people, it is wise to have medical guidance and advice. Your doctor can help you to get started on the diet, tell you if they think it will be of benefit to you, and be there to keep you on track and monitor your symptoms.





### Keto as a therapeutic diet

The ketogenic diet has been used medically, as well as chosen as a lifestyle choice. A low-carb diet has been used to treat children with difficult-to-control epilepsy. Studies have shown that by entering a state of ketosis and having an elevated number of ketone bodies passing through the brain, the frequency of epileptic seizures is reduced.

These diets are given under very strict conditions. For growing children, it's important that an adequate amount of protein is eaten, as well as the right number of calories for their age and weight. This 'classic therapeutic ketogenic' diet has been around since the 1920s, but it isn't as widely used now thanks to massive improvements in modern anti-seizure medication.

The ketogenic diet has also been studied as a way of improving or reducing the risk of other diseases and conditions. To date, there are reported links between a keto diet and potential therapeutic uses for Alzheimer's disease, motor neurone disease, autism, brain cancer, severe headaches, Parkinson's disease and sleep disorders. Much more work needs to be done medically in this area, but it's very exciting research.

Another area where the keto diet could be beneficial in a therapeutic sense is in the treatment and control of diabetes. According to Diabetes.co.uk: "ketogenic diets are very effective at achieving two common aims of diabetes control, lowering blood glucose levels and reducing weight." As type 2 diabetes is becoming far more prevalent, it's good news that there have been such great results. The Diabetes.co.uk website also has a forum, which is useful for talking to other diabetics about a low-carb lifestyle and the control of insulin.

The keto diet can help with controlling insulin, which means that it could be beneficial to those with type 2 diabetes



### Impact on insulin

When we eat carbohydrates, they are broken down into sugars – mainly glucose – which we can use as fuel. Our body is very efficient at doing this, especially as we have been eating carbs for so long. This glucose enters the blood stream and raises our blood sugar levels – a natural process. The body then responds to this rise in blood sugar levels by producing insulin. Insulin is an important hormone with many key roles to play in the body. It tells the liver, muscle and fat cells when blood sugar levels are high and they need to take in glucose from the blood, using it for energy. This helps to control blood glucose levels. If the body has enough energy, insulin signals the liver to take the excess glucose and store it as glycogen.

People who are unable to produce significant levels of insulin are type 1 diabetic. As the body has no signal to take glucose from the blood, the body will search for alternative sources of fuel. The liver will produce ketones to compensate for energy. However, in this case, the high levels of ketones can lead to ketoacidosis, which is a very dangerous condition for a diabetic. It's important to note that, despite sounding similar, ketoacidosis and ketosis are very different things. Diabetic ketoacidosis (DKA) is life-threatening and caused by the combination of high blood sugar, high levels of ketones and insufficient insulin. This is why it is important for type 1 diabetics to monitor their diet and inject the correct amount of insulin.

Type 2 diabetes is when the body is not responding effectively to the insulin it's producing. It is commonly associated with being overweight or inactive. The body is then less able to take the glucose from the blood, leading to higher blood sugar levels. The keto diet may be beneficial in helping to treat and manage the symptoms of type 2 diabetes. It helps to lower blood sugar levels naturally by not consuming carbohydrates. This, in turn, lowers the need for insulin.



## Wellbeing

The keto diet can have a positive impact on your brain health and wellbeing too. The brain is used to using glucose as its fuel source, but it can also run on ketones. It's thought that using ketones can have many positive impacts on the brain. Much of this is embedded in complex science, but followers of the diet give anecdotal evidence of improvements.

One of the common responses is that the diet results in better mental clarity and improved focus. Some describe it as a 'fog' lifting that they never knew was there. A keto diet can also contribute to a reduction in migraines and improvements in memory. One theory behind this is that eating high levels of carbohydrates, especially simple ones full of sugar, causes our blood sugar levels to rise and fall rapidly. Remember that 3pm afternoon slump you may have experienced? It's often due to your blood sugar levels dropping after lunch and causing lethargy and fatigue. It's hard to stay focused on what you're doing when you feel this way. Following a keto diet means that you will avoid those rises and falls of blood sugar, so that your energy levels will stay steady all day.

As well as feeling more mentally alert, followers often say their energy levels start to increase. This is especially true once the cravings for carbs as an energy source start to abate and the body gets more productive at using ketones for fuel. Part of this is due to the way that insulin levels are stabilised, as mentioned above. Also, there is plenty of fat in the body for energy use. Now that your body has become good at using fat for fuel, it can start to tap

in to these reserves, giving you plenty of energy. There are also reports that people start sleeping better once on the keto diet, though there is less evidence to suggest why this might happen. It's one benefit that is certainly a positive, regardless.

General wellbeing is often improved by the diet itself, but part of it is moving away from a previous unhealthy lifestyle. By taking control of the food you eat, you become less reliant on giving in to junk-food cravings, which can be quite empowering.

## Varied benefits

While we have discussed many of the most common benefits of the keto diet here, delve into the online forums and websites and you will read many, many more benefits. Most of these are contributed by people who have tried the diet and found that it has had great impact on areas in their life.

For example, the anti-inflammatory benefits of eating a keto diet could aid those with IBS. It has been shown that reducing sugar intake can help to control IBS symptoms.

Another possible benefit is for women who suffer from polycystic ovary syndrome (PCOS), which is often linked to insulin resistance. The keto diet could help to manage hormone levels and improve the side effects of the condition.

The best way to find out the benefits is to try the diet for yourself. It might be worth keeping a diary as you progress, so that you can mark down improvements as you notice them. It's a great way to stay motivated if you feel the urge to eat some carbs and end the diet.

You may experience increased energy levels after adapting to the keto diet, which help you to stay active and focused







Knowing what you can and can't eat is key to success on the keto diet

# WHAT TO EAT ON A KETO DIET

*If 'What can I eat?' is your first question, we're here with a detailed guide to what's on the keto menu*

**Y**ou're interested in trying the keto diet and embracing the low-carb lifestyle. But you're also worried about planning meals; knowing what to eat and what not to eat; how to decipher how many carbs are in a food; and so on. Taking on the keto diet does involve a bit of research and a mindshift, but it's not too difficult to get started.

Here we look at the very basics of the diet, so you know what you should be eating. We also look at the

foods to avoid, as this makes it easier to see what needs to change in your current diet.

## The basics

The first thing you need to do is understand how many carbs are in foods. If you're buying packaged products, this means reading the nutritional information (see the box on the following page for





Using oil when cooking and drizzling it over your salads is a good way to increase your fat intake at every meal

differences in labelling practice around the world). As you get to grips more with the diet, you will need to think about macros and the exact number of carbs you can eat in a day, based on your own height, weight and activity level (see page 24 for further information). However, as a beginner, a good rule of thumb is to stick to foods that have fewer than five per cent carbs.

You're aiming for high fat, adequate protein and low carb. This is what you should have in mind when preparing meals. You can eat meat, but you don't need to eat it in excessive amounts. Just a standard portion is perfect. Meat is low in carbohydrates, but a good source of protein too. This isn't a high-protein diet – excess protein will be converted to glucose, which will make your ultimate goal of achieving ketosis that much harder.

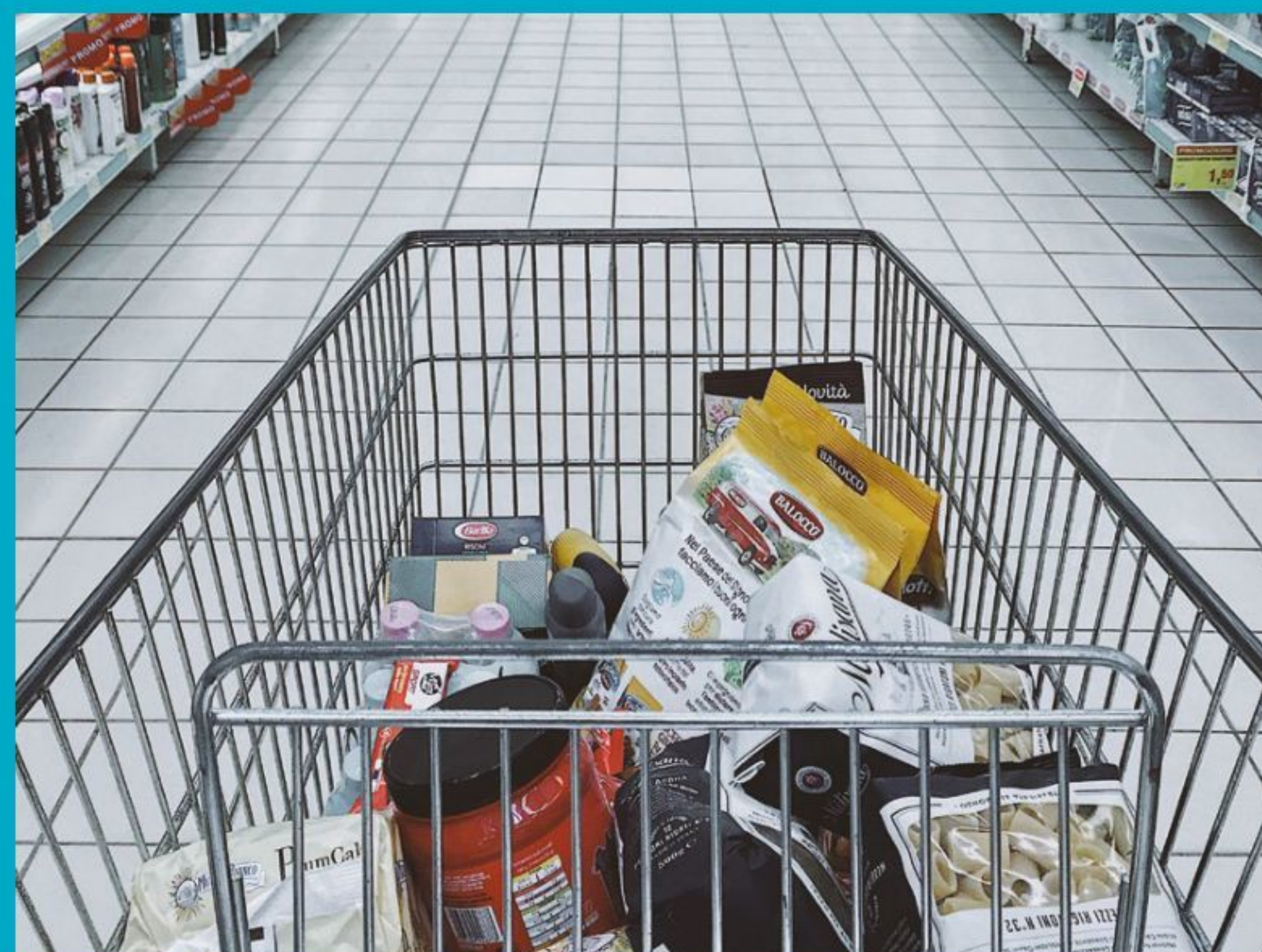
Try and avoid processed meats if you can, but if you do want to eat some sausages or ham, for example, always read the label first. Where possible, choose organic, grass-fed meat and the best quality you can afford. A good alternative to meat is fish, which is full of good fats. Oily fish at least once a week is a healthy choice, as well as more meaty fish. Try and have at least two meals based around fish every week.

You'll likely get through a lot of eggs on the keto diet, as they are so versatile. They can be boiled, fried, scrambled, made into omelettes, a basis for egg muffins... so many choices from one humble ingredient! Buy free-range and organic if you can.

## Healthy fats

Next, you should include lots and lots of natural fats. You want the majority of your calories to come from fat, so it's important to include it in every meal. There is a lot of fat in the meat, fish and eggs that we've already mentioned, but there are plenty of other ways to get fat into your diet.

An easy way to add fat is to use it to cook with. There are so many good oils available now, such as olive oil and coconut oil. Use oils to cook your meat and fish, or drizzle over a salad. Again, buy the best quality you can afford, as this will have the greatest



## Carb counting: UK vs USA

You might think carb counting is as simple as adding up the number of carbs in a product, wherever you are in the world. It's not quite so straightforward, due to the differences in labelling. The value you need to know is 'net carbs', which are indigestible carbs. This is the total value of carbohydrates in a food, minus the fibre. In the UK (and the EU), the fibre content is already deducted and listed separately. This means you take the carbohydrate value given and count it all. If you're in the USA, fibre is included in the total carbohydrate value, with a breakdown underneath of how much is sugars and how much is fibre. You must deduct the fibre from the total carbohydrate figure to get your net carbs.

health benefits. You can also opt to cook with butter, which is lovely particularly when cooking a nice steak. Butter is a good base for high-fat sauces too. You can easily make a garlic butter or a classic Béarnaise sauce, for example.

Dairy products are another high source of fat. Always opt for the full-fat version of everything, as low-fat products tend to add sugar or sweeteners for flavour to replace the fat. Use real butter wherever possible – for cooking, baking and spreading. Packaged spreads are often full of nasties that you don't want in your diet. If you find real butter hard to spread, look for spreadable butter that is made with just butter and oil, and has no sugar or artificial sweeteners in it.

Cheese is definitely on the menu, as it is packed with fat. Pretty much any cheese variety is fine, so you can really mix it up to get different flavours. Add in creams, such as double or whipping cream for sauces, or for pouring over berries. You can have high-fat yoghurt too, which is great again for cooking or making a healthy pudding.

Nuts are another source of fat, though they are high in calories. They are great for snacking on, but do be aware of the carb levels in certain varieties.





### What about drinks?

It's very easy to ruin all your hard work with your food by drinking the wrong things. Some drinks have a lot of carbs and they could very easily and quickly take you over your carbohydrate level.

Ideally, you would drink mostly water. You need a lot of water on the keto diet, as your body will be expelling more than normal. Your body is used to storing glycogen in water in your muscles. As it breaks down and burns through that glycogen, the water is released. You need to ensure that you are replacing that water.

Water is also a good way to manage your cravings, keep your kidneys functioning well and help your body with the fat-burning process. If you find water dull, you can try adding some flavour to it with lemon or lime slices.

If you wish to vary your drinks a little, then both coffee and tea are good choices, as they have next to no carbs or calories. The hit of caffeine can help you through the initial tiredness when you start the keto diet. You can add a dash of your chosen milk, but make sure it's unsweetened. You could also try adding a touch of spice or experimenting with different teas, such as green tea or herbal tea.

If you quite like to have a drink of alcohol at the weekend, this should be in small amounts. All alcohol products have carbs and sugars. Cocktails, anything flavoured, beer and cider are all high in carbs and won't do you any good. Clear spirits are best, as long as they are unflavoured, as they don't raise blood sugar like other alcohols. Some wines might be okay for the odd glass, but read the label. The sweeter the wine, the higher the carbs are likely to be. You can also get some low-carb beers, but do make sure you check the label before drinking.

### Fruits and vegetables

We're always told that fruits and vegetables should be the staples of a healthy diet. However, on a keto diet, you have to be careful about what you choose.

Most fruits are not keto-friendly, as they are high in carbs. You can still have fruit, but you need to make wise choices. You are better off sticking with berries, such as raspberries, strawberries and blackberries. These are lower in carbs than some other fruits, and give you a nice, sweet hit. Blueberries have the highest amount of carbs, so you should only have a very small portion.

Other than berries, lower-carb options include coconut flesh, plums and apricots, but even these are higher in carbs than many other food options. As with all fruits, we're talking about eating very small amounts. One orange, for example, could contain 15 grams of carbs, which is the majority of your intake for the entire day.

Vegetables, however, are still on the menu, but you do need to know which ones you can eat. In general, vegetables grown below the ground, so root vegetables, are the ones with the highest carbs. This includes things like potatoes (both white and sweet), squash, carrots, parsnips, onion, beetroot and celeriac. You may get away with, for example, some diced onions in a meal, or a few carrots grated for a salad. But if you start having too many of these types of vegetables, you will very easily go over your carb limit.

Vegetables that grow above ground are a much better choice. These tend to be far lower in carbs, so you can eat more of them. They are good for filling your plate at mealtimes, and they give you lots of nutrients. Things you should eat include spinach, lettuce, asparagus, olives, tomatoes, aubergine, cucumber, cauliflower, green beans, kale and so on. Avocado is very popular on low-carb diets, as it is also very high in fat.

You can experiment with these vegetables to give you carb-like foods, such as cauliflower rice, avocado chocolate mousse, courgetti (ribbons of courgette to replace spaghetti) and broccoli pesto.





Junk food is firmly off the keto menu. The amount of sugar in these products means they are very high in carbs



## Foods to avoid

So, there is plenty that you can eat on a keto diet. Here we will run through the things you can't eat. A lot of it is common sense. As with any diet, you need to eliminate sources of sugar and simple carbs. This means things like chocolate, biscuits, sweets, cakes, crisps, doughnuts... basically all junk food. Clear these things out of your kitchen cupboards in order to resist the temptations. When you allow yourself a treat, stick to the homemade low carb recipes found in this baking book.

You need to eliminate starchy carbs, so that's your pasta, potatoes and rice. If you are used to basing your meals on these staples, you will need to have a bit of a change in the way you prepare meals. It can take a little getting used to, as these products are so easily accessible and commonly used.

You should also avoid most fruit, non-diet soft drinks, fruit juices, drinking squash and bread. All grains are also out, so that includes wheat, barley, oats, rice, rye, quinoa, bulgur wheat, millet – and anything made from these grains. Most beans are also too high in carbs, which means avoiding kidney beans, chickpeas, lentils, peas, butter beans, black-eye beans and so on.

Sugar comes in many guises. It's important to recognise these so you can avoid them. Look out for anything with added honey, agave, maple syrup, high-fructose corn syrup and similar.

While artificial sweeteners are not high in carbs, they are not always suitable on the keto diet. Everyone reacts differently to sweeteners; they could affect your blood sugar levels or cause cravings that can be difficult to manage. Sweeteners include aspartame, saccharin, sucralose, Splenda and so on. This is why you should avoid zero-calorie soft drinks.

## Low-carb packaged food

It can be tempting to save time and grab foods that are packaged and listed as 'low carb'. Many food producers are creating products to appeal to those on a low-carb diet. They are not always suitable for use on the keto diet and should therefore be approached with caution.

There are many people who switch to eating fewer carbs, which means significantly less than they were eating before. They may not, however, be looking to eat so few carbs as to induce ketosis. These tailored low-carb products might simply have fewer carbs than the full-carb alternative. While still a healthy option for many people, they could seriously affect your keto diet.

It's important to read the label properly to see how many carbs they do contain. Be wary of the portion size and the amount of carbs per serving. Sometimes these products will have a very small serving size, which makes for a low carb level, but won't be very filling or satisfying.

There are some grab-and-go products that are keto-friendly, though they are less available in the shops and tend to be more expensive. You are much better off making your own snacks, if you need them. There are plenty of keto websites with recipes for quick snacks. Make them in bulk and carry with you for when a craving hits.

## The final word

This might seem difficult at first, and it can take some getting used to. However, if you want to experience the benefits of the diet, you need to follow the rules as closely as possible.

We recommend going through your kitchen and identifying the products you have that are not suitable for a keto diet. If you can, get rid of them to reduce temptation. However, for those with families, this might not be possible if they are eating a different diet. Try and keep all these non-keto-friendly foods in one place, to make it easier for you to make healthy decisions.

When eating the keto way, eggs are a great source of fat and protein. You should also include high-fat dairy, such as butter and cheese, and some milk





# KETO BAKING

*Avoiding pre-bought junk is a must, but treat yourself to homemade goodies*

**E**ating keto does not mean that you will miss out on your favourite pre-keto foods; the keto diet is not one of deprivation. It is an adjustment from years of eating a standard western diet of high carbohydrate and low fat to one of low carbohydrate and moderate protein (eating fat to ensure satiety). By using this recipe book, you can recreate many of your old favourites in a healthier fashion. Do be aware, however, the keto way of eating re-trains your tastebuds, so you may find that foods need to be less sweet.

Sugar is addictive, and by cutting it out and adjusting your eating practices you can gain some control over your relationship with food. Baking is a great way to gain control too; instead of grabbing something for convenience, you're now having to work and wait for it!

By working on the bake, you also know exactly what is in the treats you make. Pre-packaged, highly processed 'low-carb' treats can contain gluten, wheat and corn, which spike insulin, not to mention the fact that sugar is hidden everywhere in modern foods – by baking you're eating real food that you have control over.

Food has emotion tied to it. If you find that you are an emotional eater, you may have recognised a trigger. Instead of allowing a trigger to slip you up, missing cakes and treats, have a few bakes ready in the freezer or fridge.

In baking your own treats you also master your portion control by working out the macros per serving. Thus, you can accurately track and plan your day of eating and allow yourself a treat!

Some ingredients may seem expensive, but they work out cheaper, not to mention healthier.

Keto baking may seem daunting, but keep practicing and having fun with it, and you'll be a master baker in no time.

## FLOUR SUBSTITUTES

There is comfort in making – and eating – bread and cakes. Flour-based foods are literally off the table with the keto way of eating. It is tempting to re-create your favourite pre-keto foods, yet we cannot just substitute regular flour for keto-friendly flours. There is a difference in composition in these types of flours, so ratios need to be adapted. For example, almond flour has high fat content, so you may need additional eggs or baking powder for your bakes to stay together, and less liquid is needed.

## FLOUR

Flour is often the prime ingredient of a baked good. However, clocking in at 76g of carbs per 100g, it's not what you're looking for in a keto diet. There are so many alternative flours you can use for keto bakes. These behave differently, and cannot be directly substituted for ordinary flour. Instead of diving in with your 'stand-by' bakes that you made pre-keto, take some time to experiment with new keto-specific recipes and learn the properties of the low-carb flours. Keep an eye on what flour is required for each keto recipe, as these flours are not interchangeable.

### Almond flour

Many keto bakes call for almond flour, which is finely ground almonds that have been blanched (skins removed). 28g contains 6g of net carbs. It can go bad quickly, so it's best to store in the fridge. If you cannot find fine almond flour you can grind your own with a spice or coffee grinder; don't grind for too long, as the nuts can release their fat, and you will end up with almond butter instead! Almond flour has a fairly neutral taste, and can easily be used for both sweet and savoury bakes.

### Coconut flour

Coconut flour is also used frequently in many keto recipes. Coconut flour absorbs more liquid than other low-carb flour, and you may notice that recipes with coconut flour use around a third less than other high-carb flours. It is high in fibre, which is helpful for a digestive boost. Recipes also tend to thicken if left. It is best to store in a dark cupboard. Naturally the flour has a coconut-y taste, which can be masked by strong flavours such as cocoa or garlic.

### Ground psyllium husk powder

Practically all the carbs in psyllium husk powder come from fibre, and as such can help with both extremes of digestive distress. In baking, psyllium husk powder adds volume and thickens recipes. It allows dough to hold together, be more pliable and also give a great crumb once baked! As psyllium husk powder is a soluble fibre, it is important to drink plenty of water when eating products baked with it. If you cannot find psyllium husk powder, you can substitute ground chia seeds or ground flax seeds.

### Other flours

Almost any nut can be ground to get a flour-like product, but alternative nut flours are rare in supermarkets. Easy to find, however, is almond meal. This is made up of ground almonds that have not been blanched, and the resulting product is a little coarser, but with the same macros as almond flour. Ground flaxseed/linseed can replace flour.

Flaxseed/linseed can also replace egg; Mix one tablespoon of ground flax meal with three tablespoons of water and allow to swell.

1

2

3

4



## BAKING POWDER

Commercial baking powders can contain cornstarch – 1.3g of carbs per tsp – which might not seem like a lot, but if you're aiming for 20g carbs a day, it adds up! You can make your own baking powder with 1 tsp baking soda to 2 tsp cream of tartar, giving you 1 tbsp of baking powder. Use straight away, as it tends to be less effective when stored.

## UNDERSTAND SUGAR SUBSTITUTES

*Cutting out sugar is essential for a successful keto lifestyle!*

Quitting sugar is sometimes the trigger for someone to begin a keto lifestyle.

Unfortunately, sugar is everywhere, and many safe-looking savoury items have sugar added. 100g of carbs is contained per 100g of white sugar, and on top of that, sugar is also calorie dense, with no real nutritional value.

Luckily for us, there are so many alternatives to sugar now, and many are readily available in supermarkets or online.

Monk fruit is around 350 times sweeter than white sugar, with no calories or carbs. It is worth checking the labels of monk fruit products, as they can have fillers or additional sweeter blends added. Monk fruit is also slightly more expensive than other sugar substitutes.

Erythritol is a sugar alcohol derived from fruits and fungi. Containing no calories or carbs, it is 70 per cent as sweet as sugar. Two things to keep in mind: there is a slight cooling aftertaste after eating it, and it is important not to eat too much of an item with sugar alcohols in them, as they can cause bloating and intestinal distress (malitol is the worst culprit of this).

Stevia is still quite a new product on the market; with no calories or carbs, and tasting 200-350 times sweeter than sugar, however, some people can find it has a bitter aftertaste.

## XANTHAN GUM

*Xanthan gum is type of starch that can be used as a replacement for gluten*

Xanthan gum is a highly common ingredient in many everyday items: toothpaste, chewing gum and even make-up.

For keto cooking, we use xanthan gum to bind ingredients together. To explain, gluten is found in wheat, barley and rye. It's sticky, and holds baked goods together. When there is

no gluten in a flour (such as coconut or almond), the bake can and will fall apart once baked –

this is where binding agents are needed.

Xanthan gum is also hugely helpful in thickening keto sauces and gravies.

It is not exactly a substitute for yeast, but mimics the function of gluten.

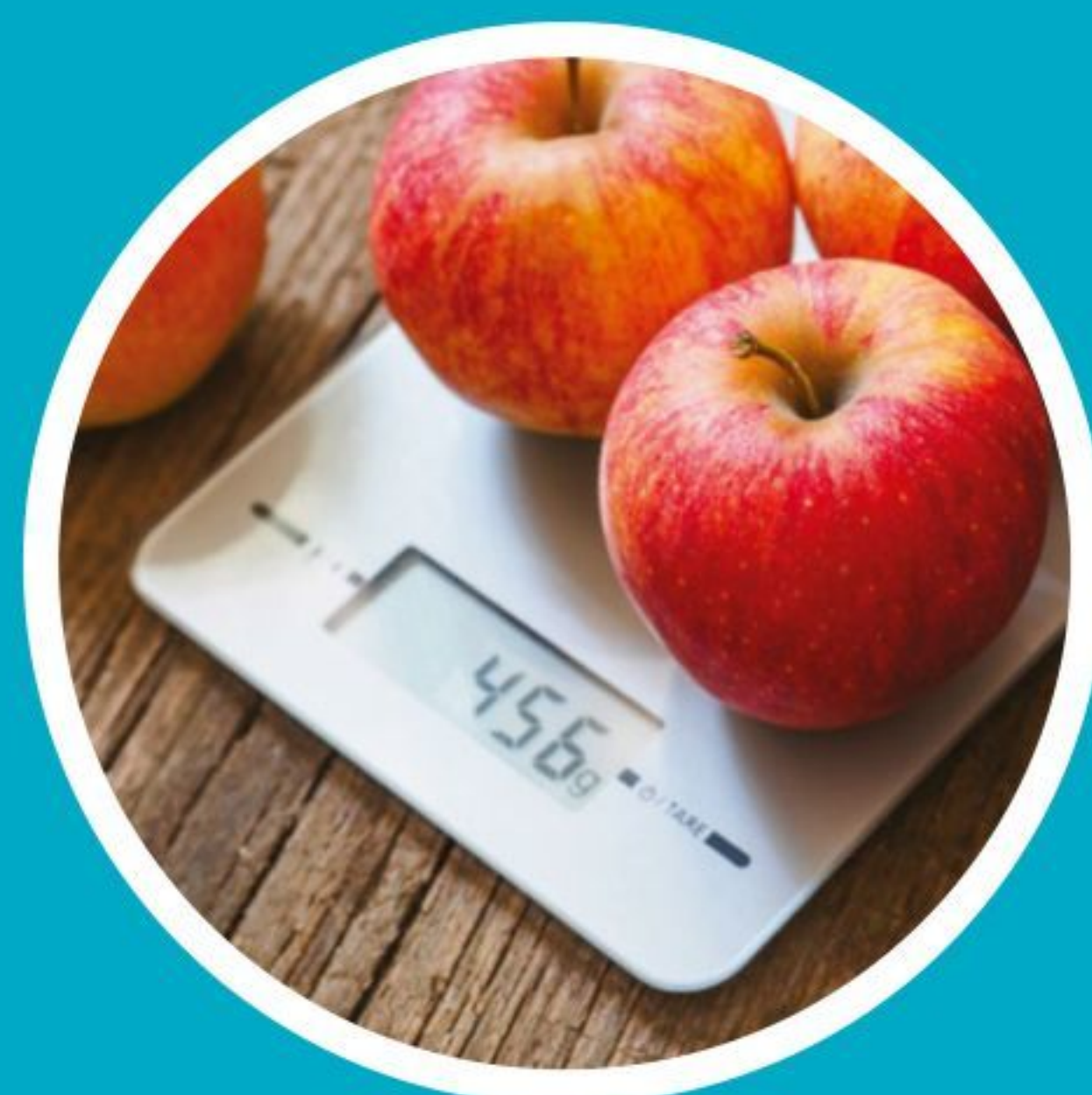
## MILK

Regular milk is not keto friendly; semi-skimmed milk has 4.7g carbs per 100ml and full fat at 4.8g per 100ml. The carbs in milk are mostly the sugar we call lactose. Try to substitute milk with unsweetened almond or coconut milk – both around 0.4g of carbs per 100ml. You can also use a half/half mix of double cream/water. This will help you reach satiety by increasing the amount of fat you consume!



# 10 ESSENTIAL UTENSILS

*When starting with baking there are a few tools you'll need*



## 1 Weighing scales

Keto baking is a little more of a science than 'regular' baking. Therefore, accuracy is key, so invest in some accurate weighing scales. This will keep your macro tracking accurate and your baking results consistent.



## 6 Wooden Spoon

This is a basic implement that you will need in your kitchen. For mixing and spreading, wood doesn't transfer as much heat as metal spoons, and handily they will also not scratch non-stick surfaces.



## 2 Measuring Cups

When measuring out wet ingredients like milk or coconut oil, measuring cups can help with accuracy. Cups are less consistent for dry or chopped ingredients, as we all compress ingredients differently.



## 7 Cookie scoop

Cookie scoops can be used for sweet and savoury bakes in order to ensure uniform size in servings, whether it's keto cookies or a savoury fat bomb. It's this kind of versatility that makes it indispensable.



## 3 Hand Mixer

In order to add lightness to many keto bakes, you will need to include some beaten egg whites. To ensure that these are suitably stiff, you will need strong arm muscles or a reliable hand mixer.



## 8 Rolling pin

Rolling pins have a multitude of uses; rolling out dough for pies or cutting out cookies to a uniform thicknesses. Rolling pins are also very useful when used for crushing nuts or tenderising meat.



## 4 Stand Mixer

Stand mixers generally have a lot more power than a standard hand mixer, and they also allow you to multitask - adding extra ingredients easily or allowing you to start another element of your bake while the mixer works.



## 9 Baking sheet or tray

A heat-conducting tray/sheet is needed for making consistent cookies. Look for a non-stick coating to ensure your bakes slide off. It's best to reserve a tray for baking, as oven trays can have residue from everyday cooking.



## 5 Spatula

For scraping out mixing bowls and making sure batter is uniformly spread, you can't get a better tool than a spatula. Solid silicone is the most hygienic; it will not fall apart or retain washing-up water.



## 10 Springform cake pan

This cake pan is made of two parts; a base and a removable ring for the side of the pan. When baking fragile cakes, there is no need for a stressful transfer out of a pan - the ring just pops off!



# TOP 10 KETO BAKING TIPS

*Ensure your bakes come out perfectly with our advice*



## 1 Prep your pans

Keto batters are a little thicker and stickier than standard batters, so properly grease your pans to ensure the bakes come out clean. Brownies and even stickier bakes may benefit from greasing, and parchment paper liner too.



Stevia can have a bit of an acquired taste

## 2 Double boiler

When melting chocolate you need to be careful not to apply too much heat, as chocolate can seize (thicken in texture and becomes unworkable). Make sure your bowl and mixing utensil are both dry and that no steam gets into the chocolate.

## 5 Stevia balancing

Many people feel that stevia leaves bitter aftertaste in both bakes and when used for sweetening drinks. This can be balanced by adding a pinch of salt and citric acid to the stevia to create a blend. This replaces the acid sugar has in it naturally.

## 8 Room temperature

If you've baked before, you will know how important it is to allow your ingredients to come to room temperature. If 'creaming' butter and sweetener, you will find it much easier if both ingredients have had time – the results will be smoother.



## 3 Eggy taste

Some people complain that keto bakes taste 'eggy'; this can be remedied in a number of ways: by using free-range eggs that do not have an aftertaste, and letting the eggs come to room temperature. Spices can mask this too, like nutmeg and fennel.

## 6 Let it cool

It is so tempting to check, bother and cut a bake before it's ready. If a recipe says to leave to cool, do it! Often, keto-leaning recipes need to firm or crisp up while cooling. Leave the bake alone, and you'll have a much neater result.



## 9 Gelatin

Gelatin is the cooked form of collagen, supporting hair and nail growth; it contains amino acids not in a standard Western diet. Gelatin dissolves in warm water and forms a gel. Add 1 tsp of gelatin to your cookie dough to ensure they're chewy.

## 4 If it all fails

Baking can feel like a science sometimes, and like many science experiments it can fail completely. If your bake doesn't cook all the way through, slice it up and toast it, or extend the toasting time and crumble the bake up to make breadcrumb crumbs.



## 7 Measure everything!

When baking, you need to measure everything. Many recipes from the US measure in 'cups', which is an inaccurate way of measuring dry ingredients. If following a US recipe, a 'stick' of butter is 115g.

## 10 Whey protein

Adding whey protein to your bakes can help you get closer to your daily protein macro. Generally 1/3 of a flour in a recipe can be replaced with protein powder. It may take some practice before your bakes come out the way you'd prefer.



# CAKE

- 26** Vanilla cupcakes
- 28** Mint chocolate cupcakes
- 30** Coconut cupcakes
- 32** Mocha cupcakes
- 34** Earl grey cupcakes
- 36** Raspberry and lemon cupcakes
- 38** Matcha cupcakes
- 40** Peanut butter cupcakes
- 42** Other cupcakes
- 44** Double chocolate muffins
- 46** Blueberry muffins
- 48** Other muffins
- 50** Wild birthday cake bars
- 52** Chocolate swiss roll
- 54** Matcha swiss roll
- 56** Lemon and coconut cake
- 58** Chocolate cake
- 60** Coffee cake
- 62** Lemon and poppyseed cake
- 64** Chocolate and peanut cake
- 66** Individual Victoria sponges



26



40



62

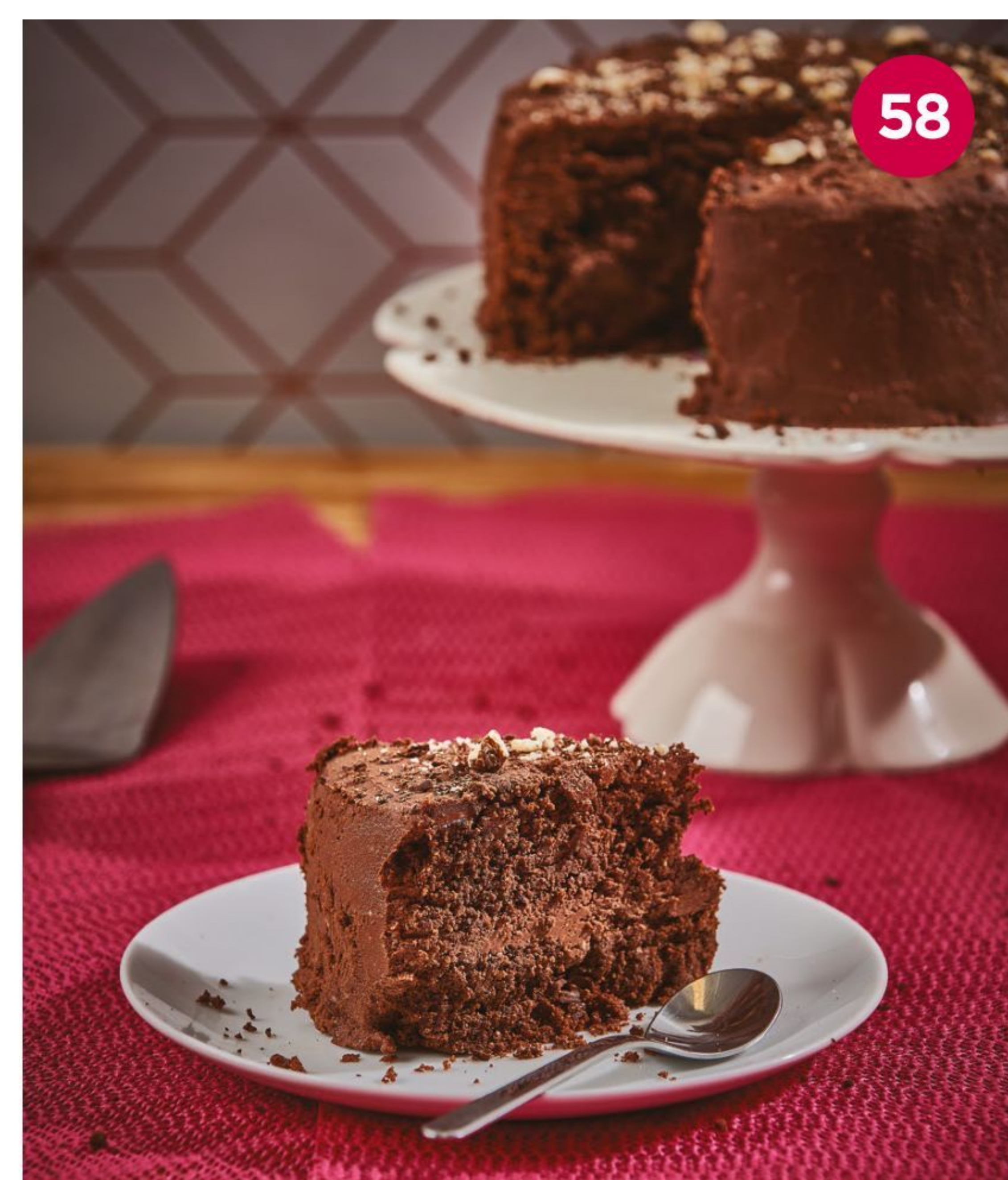




64



28



58



44



56



46



# VANILLA CUPCAKES

*These simple and easy to make vanilla cupcakes are anything but boring*

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
20 minutes

**SERVINGS:**  
12

**NET CARBS PER SERVING:** 1g

## INGREDIENTS

**64g | 2oz | ½ cup** coconut flour

**28g | 1oz | ¼ cup** almond flour

**1 tbsp** xanthan gum

**1 tsp** baking powder

**¼ tsp** salt

**115g | 4oz | ½ cup** butter, melted

**6** eggs, large

**130g | 4.5oz | ⅔ cup** sweetener

**1 tsp** vanilla extract

**2 tbsp** double cream

## FOR THE BUTTERCREAM:

**115g | 4oz | ½ cup** butter, softened

**30g | 1oz | ¼ cup** powdered sweetener

**½ tsp** vanilla extract

**1 tbsp** double cream

## METHOD

Preheat the oven to 180°C/350°F/Gas mark 4 and line a 12-cup muffin tin with paper cupcake cases.

In a large mixing bowl, beat the butter, sweetener, salt, vanilla and eggs together. Add in the double cream, and whisk until smooth.

Next, in another bowl, combine the coconut flour, almond flour, xanthan gum and baking powder. Then add the dry ingredients to the creamy butter mix, and stir to combine. The batter will be quite thick, but spoonable. If your batter is closer to a dough then, add another tablespoon or so of cream.

Divide the batter between the cake cases, as evenly as possible. They should be around three quarters full.

Pop the cakes in the oven for around 18-20 minutes until golden and a toothpick inserted into the centre comes out clean.

Remove the cupcakes from the oven, and let them cool in the muffin tin for 5-10 minutes. Then, very carefully place them on a wire rack to cool completely.

## FOR THE BUTTERCREAM

Once cool, it's time to add a little frosting! Use an electric whisk or wooden spoon to cream together all of the ingredients for the butter cream until well incorporated and the icing is light and fluffy.

Use a piping bag or palette knife to frost each cake. Top them with homemade keto sprinkles for an extra flourish. See p48 to find out how to make keto sprinkles.







# MINT CHOCOLATE CUPCAKES

*Add a fresh minty twist to these striking little cakes*

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
20 minutes

**SERVINGS:**  
12

**NET CARBS PER  
SERVING:** 3g

## INGREDIENTS

**115g | 4oz | ½ cup**  
butter, melted

**7 tbsp** cocoa powder

**7 eggs** room temperature

**1 tsp** vanilla extract

**85g | 3oz | ⅔ cup** coconut  
flour

**2 tsp** baking powder

**80g | 2.8oz | ⅔ cup**  
sweetener

**½ tsp** salt

**118g | 4floz | ½ cup**  
unsweetened almond milk

## MINT BUTTERCREAM:

**2 tbsp** hot water

Mint flavouring

Green colouring

**118ml | 4floz | ½ cup**  
whipping cream

**6 tbsp** butter softened

**115g | 4oz | 1 cup** cream  
cheese softened

**60g | 2oz | ½ cup**  
powdered sweetener

## METHOD

Preheat the oven to 180°C/350°F/Gas mark 4 and line a muffin tin cupcake cases or simply oil.

In a large bowl, whisk together the melted butter and cocoa powder. Add the eggs and vanilla and beat until well combined. Then add the coconut flour, sweetener, baking powder and salt and beat until smooth.

Beat in the almond milk. If the batter is still very thick, beat in more almond milk one tablespoon at a time until it thins a touch.

Divide the batter evenly among the cake cases and bake in the centre of the oven for 20-25 minutes. The cupcakes will be done when the tops are set and a skewer inserted into the middle comes out clean. Cool in pan for 5-10 minutes and then transfer to a wire rack to cool completely.

For the frosting, cream the butter and then the cream cheese, then add all of the ingredients and mix thoroughly together. Use a piping bag to pipe the buttercream onto the top of each cake.







# COCONUT CUPCAKES

*Make your keto ingredients the star of the show with these delicious cupcakes*

## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
35 minutes

**SERVINGS:**  
12

**NET CARBS PER  
SERVING:** 3g

## INGREDIENTS

**85g | 3oz |  $\frac{2}{3}$  cups** coconut flour

**115g | 4oz |  $\frac{1}{2}$  cup** butter

**200g | 7oz | 1 cup** granulated sweetener

**2 tsp** baking powder

**236ml | 8fl oz | 1 cup** coconut cream

**60g | 2oz |  $\frac{1}{2}$  cup** cream cheese

**4** eggs

## METHOD

Preheat your oven to 180°C/350°F/Gas mark 4, then line a muffin tin with cupcake cases, or oil 12 individual cups.

Now, combine the coconut flour and baking powder in a large bowl. Place the cubed butter into a separate bowl along with the cream cheese. Microwave the butter and cream cheese for around 30 seconds. Once they have melted a little, stir until well combined.

Next, add the sweetener and coconut cream to the butter mix and stir it well. Pour the wet ingredients into the bowl of coconut flour and baking powder and mix together. Then add the eggs and mix until everything is fully combined.

Divide the batter equally between the cupcake cases and bake in the oven for around 35 minutes, or until golden and they pass the cocktail stick skewer test.

For the best results, let the cakes cool completely for at least two hours before removing them from the tin. Keto cakes tend to crumble if handled too soon.



CAKE





# MOCHA CUPCAKES

*Making the morning commute with these sweet surprises guaranteed to give you a spring in your step*

## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
15 minutes

**SERVINGS:**  
12

**NET CARBS PER SERVING:** 3g

## INGREDIENTS

**192g | 6.6oz | 2 cups**  
almond flour

**2tbsp** coconut flour

**60g | 2oz | ½ cup** raw  
cocoa powder

**115g | 3.3oz | ½ cup** butter,  
melted

**1 tbsp** sweetener

**2 tsp** baking powder

**½ tsp** baking soda

**¼ tsp** salt

**1 tsp** instant coffee

**4** eggs

## FOR THE FROSTING:

**60g | 2oz | ½ cup**  
powdered sweetener

**1 cup** butter

**2 tbsp** strong coffee

## METHOD

Preheat the oven to 180°C/350°F/Gas mark 4. Line a muffin tin with cupcake cases.

Measure the dry ingredients into a large bowl and whisk together to combine and break up any lumps.

Mix the wet ingredients together in a small bowl with an electric whisk. Pour the wet into the dry ingredients and mix thoroughly with electric whisk.

Now, spoon the batter into the cupcake cases as evenly as possible.

Put the cupcakes into the oven and turn it up to 200°C/400°F/Gas mark 6 for 4 minutes. After this, turn the oven back down to 180°C/350°F/Gas mark 4. This will encourage a quick rise.

Bake until a toothpick inserted in the centre of a cupcake comes out clean. Once baked, cool completely on a wire cooling rack.

In a large bowl, whip the butter with an electric whisk until soft and it has begun to lighten in colour.

Add the sweetener and coffee and whip again. Spread the frosting on top of the cupcakes, top with a whole coffee bean and sprinkle with a little more ground coffee and cocoa powder.







# EARL GREY CUPCAKES

*Enjoy the traditional taste of earl gray in cupcake form for an afternoon tea with a twist*

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
15 minutes

**SERVINGS:**  
6

**NET CARBS PER SERVING:** 2g

## INGREDIENTS

**100ml | 3.3floz | 2/5 cup** almond milk

**2** earl grey tea bags

**40g | 1.5oz | 1/6 cup** butter

**96g | 3.3oz | 1 cup** almond flour

**5 tbsp** granulated sweetener

**1** large egg

### FOR THE FROSTING:

**1 tsp** vanilla essence

**1 tsp** food colouring

**60g | 2oz | 1/2 cup** powdered sweetener

**115g | 4oz | 1/2 cup** butter

## METHOD

Preheat the oven to 180°C/350°F/Gas mark 4. Line a muffin tin with six paper cupcake cases.

Start by heating the milk in a saucepan on a low heat with the tea bags until it is just boiling. Squeeze the teabags to ensure as much of the flavour as possible has infused with the milk. Remove the tea bags and then add in the butter, stirring until it has melted. Leave the infused milk and butter mix to cool.

In a large bowl stir together the flour and granulated sweetener, and then break the egg into the mix. Pour in the milk mixture, then stir until everything comes together to form a smooth cake batter.

Now, carefully spoon the mix into the cupcake cases, and then bake for around 15 minutes. Once baked, leave to cool in the tray for at least 30 minutes before transferring to a wire rack to cool completely.

### FOR THE FROSTING:

In a large bowl beat together all of the ingredients for the icing using a wooden spoon or an electric whisk. The electric whisk will help you to achieve a lighter, fluffier icing.

Spread or pipe the icing onto the cakes and finish with a light sprinkling of earl grey tea leaves.







# RASPBERRY AND LEMON CUPCAKES

*Enjoy a double hit of fruity goodness with these tart but sweet little cakes*

## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
25 minutes

**SERVINGS:**  
12

**NET CARBS PER SERVING:** 4g

## INGREDIENTS

**255g | 9oz | 2⅓ cups**

almond flour

**1 tsp** baking powder

**½ tsp** sea salt

**½ tsp** xanthan gum

**150g | 5.3oz | ¾ cup**

sweetener

**2 tsp** lemon zest

**2 tsp** melted butter

**3** eggs

**177ml | 6floz | ¾ cup**

unsweetened almond milk

**2 tbsp** lemon juice

**½ cup** raspberries

## FOR THE ICING:

**225g | 8oz | 1 cup** cream cheese

**60g | 2oz | ½ cup** sweetener, powdered

**¾ cup** fresh raspberries

## METHOD

Preheat your oven to 180°C/350°F/Gas mark 4, and line a muffin tin with cupcake cake cases or simply oil each hole.

In a large mixing bowl, whisk together almond flour, baking powder, salt, xanthan gum, sweetener, and the lemon zest until fully combined.

Now, whisk melted butter into the dry ingredients. The mixture will form into coarse crumbs.

Add the eggs and stir until everything is mixed together. The batter start to become more sticky.

Now pour in the almond milk, vanilla, and lemon juice. Now whisk until the batter is lovely and smooth.

Divide the mixture as evenly as possible between the cupcake cases and then pop the cupcakes into the oven and bake for around 25 minutes.

Once baked, let the cupcakes cool in the tin for around 30 minutes, then place them on a wire rack to cool completely.

In a large bowl, use a electric whisk to beat the cream cheese and sweetener until light and fluffy. Crush the fresh raspberries with a fork and then mix into the cream cheese mix. Now pour over each cake.







# MATCHA COCONUT CUPCAPES

*If you're looking for something out of the ordinary, give this recipe a try*

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
20 minutes

**SERVINGS:**  
6

**NET CARBS PER SERVING:** 3g

## INGREDIENTS

**30g | 1oz | ¼ cup** coconut flour

**115g | 4oz | ½ cup** coconut butter

**1 tbsp** ground flax seeds

**50g | 1.7oz | ¼ cup** granulated sweetener

**118ml | 4floz | ½ cup** hot water

**1 tsp** baking powder

**pinch** of salt

## FOR THE FROSTING:

**60g | 2oz | ½ cup** powdered sweetener

**1 tbsp** matcha powder

**100g | 3.3oz | 1 cup** cream cheese

## METHOD

### FOR THE CUPCAKES:

Preheat the oven to 180°C/350°F/Gas mark 4. Grease or line six wells of a muffin tin.

Pour the hot water over the coconut butter, and stir until smooth. Next, mix in the flax seeds, sweetener and salt.

In a another bowl, combine the baking powder and coconut flour. Slowly add in the flour mixture, and beat until there are no lumps.

Divide the mixture evenly between the cake cases and bake for 20-25 minutes until the tops are firm and are beginning to turn golden.

Remove from the oven and leave to cool in their tins for around an hour. Then move them onto a wire rack to cool completely.

Place all of the ingredients for the frosting in a blender and blend until smooth. Spread the frosting over the cool cupcakes, and sprinkle with dried coconut.







# PEANUT BUTTER CUPCAKES

*Chocolate and peanut is a combination made in heaven, enjoy these tasty keto cupcakes with a naughty nutty topping*

## INGREDIENTS

**115g | 4oz | ½ cup** butter melted

**7 tbsp** cocoa powder

**7** eggs room temperature

**85g | 3oz | ⅔ cup** coconut flour

**2 tsp** baking powder

**132g | 4.6oz | ⅔ cup** sweetener

**½ tsp** salt

**118g | 4floz | ½ cup** unsweetened almond milk

## PEANUT CHOCOLATE BUTTER CREAM:

**6 tbsp** peanut butter

**120g | 4oz | ½ cups** cream cheese softened

**60g | 2oz | ½ cup** sweetener, powdered

## METHOD

Preheat oven to 180°C/350°F/Gas mark 4 and line a muffin tin with cupcake cases or simply oil the holes.

In a large mixing bowl, whisk the melted butter and cocoa powder together, then add the eggs and beat until well combined.

Now add the coconut flour, sweetener, baking powder and salt, and mix until your mixture is completely smooth.

Finally beat in the almond milk. If you feel like the batter is very thick, simply add in a little more almond milk a tablespoon at a time. The mixture should be easy to spoon into the cake cases, but not pourable.

Carefully divide the batter as evenly as possible between the muffin tin, and bake in centre of oven for around 20 minutes.

Once baked, leave them to cool in the tin for around 30 minutes before transferring to a wire rack to cool completely.

For the frosting, use an electric whisk to soften the cream cheese and then beat in the peanut butter. Last of all add the sweetener and continue to beat until your icing becomes light and fluffy.

Use a piping bag or palette knife to top each cupcake with icing and sprinkle with salted peanuts for a salty addition if you'd like.



## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
20 minutes

**SERVINGS:**  
12

**NET CARBS PER  
SERVING:** 4g





# CUPCAKES

*Add some more variety to your baking with additional flavours*



## CANADIAN BACON

### INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
20 minutes

**SERVINGS:**  
12

**NET CARBS PER  
SERVING:** 2g

### INGREDIENTS

The same ingredients as in the recipe on page 26, plus:

**6 tsp** caramel stevia

**8 rashers** crispy streaky bacon

### METHOD

Follow the directions on p26, however, add omit any vanilla flavouring and instead add 3 teaspoons of caramel stevia into the cake batter along with 2 rashers or crispy bacon crumbled. Omit the vanilla from the frosting too and add the rest of the caramel stevia. Cut the remaining rashers of bacon in half and lay each on the top of the cupcakes and sprinkle with salt.



## SALTED CARAMEL

### INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
20 minutes

**SERVINGS:**  
12

**NET CARBS PER  
SERVING:** 1g

### INGREDIENTS

The same ingredients as in the recipe on page 26, plus:

**6 tsp** caramel stevia

**1 tsp** salt

### METHOD

Follow the directions on p26, however, add omit any vanilla flavouring and instead add 3 teaspoons of caramel stevia into the cake batter. Omit the vanilla from the frosting too and add the rest of the caramel stevia along with the salt. Sprinkle each iced cupcake with some sea salt flakes to finish.



# DOUBLE CHOCOLATE

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
20 minutes

**SERVINGS:**  
12

**NET CARBS PER  
SERVING:** 4g

## INGREDIENTS

The same ingredients as in the recipe on page 26, plus:

**3 tbsp** grated sugar-free chocolate

**3 tbsp** raw cocoa powder

## METHOD

Follow the directions on p26 for the cupcakes. However, when you come to make the icing, omit the hot water, green colouring and mint flavouring. Instead beat in the cocoa powder with the powdered sweetener. Once you have iced each cupcake dip them in the grated chocolate to finish.



# MOJITO CAKES

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
20 minutes

**SERVINGS:**  
12

**NET CARBS PER  
SERVING:** 4g

## INGREDIENTS

The same ingredients as in the recipe on page 36, plus::

**4 tbsp** lime juice

**2 tbsp** lime zest

**4 tbsp** fresh mint, finely chopped

## METHOD

Follow the directions on p26, however omit the raspberries and the lemon. Replace the lemon in the cake batter with 3 tbsp of lime juice and zest. Add 3 tbsp of the finely chopped mint when you would have added the raspberries. Omit the raspberries from the icing and add in 2 tbsp of lime juice. Finish by sprinkling the rest of the mint over the top.





# DOUBLE CHOCOLATE MUFFINS

*Make your muffins the envy of the office with the keto take on a timeless culinary classic*

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
20 minutes

**SERVINGS:**  
12

**NET CARBS PER SERVING:** 3g

## INGREDIENTS

**96g | 3.3oz | 1 cup**  
almond flour

**50g | 1.7oz | ½ cup**  
unsweetened cocoa powder

**100g | 3.5oz | ½ cup**  
erythritol

**1 ½ tsp** of baking powder

**1 tsp** vanilla extract

**3** eggs

**160ml | 5.4floz | ⅔ cup**  
double cream

**85g | 3oz | ⅓ cup** butter,  
melted

**85g | 3oz | ½ cup** sugar-  
free chocolate chips

## METHOD

Preheat your oven to 175°C/350°F/Gas mark 4. Line a muffin tin with paper cupcake cases, or oil each hole.

In a large bowl, combine the almond flour, cocoa powder, sweetener and baking powder. Make sure that you mix them together well in order to ensure that the baking powder is evenly distributed.

Add the vanilla extract, eggs and heavy cream, and mix well. Then stir in the melted butter, mixing until fully incorporated.

Next, add in the sugar-free chocolate chips and stir well.

Spoon the mixture into a 12-hole muffin tray, and then bake for 20 minutes – the muffins will rise, and should spring back to the touch.

Allow to cool in the muffin tin for around 30 minutes before moving them to cool further on a wire rack. Or eat them while they are still warm for a delightful chocolatey treat!







# BLUEBERRY MUFFINS

*The humble superfood swoops in to give these muffins an injection of antioxidants*

## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
23 minutes

**SERVINGS:**  
12

**NET CARBS PER  
SERVING:** 3g

## INGREDIENTS

**240g | 8.5oz | 2 ½ cups**  
almond flour

**70g | 2.5oz | ⅓ cup**  
sweetener

**1 ½ tsp** baking powder

**½ tsp** salt

**75g | 2.6oz | ⅓ cup** butter,  
melted

**80ml | 3floz | ⅓ cup**  
unsweetened almond milk

**3** eggs

**⅔ cup** fresh blueberries

## METHOD

Preheat the oven to 180°C/350°F/Gas mark 4 and line a 12-cup muffin tin with cupcake cases.

Then, in a large bowl, mix the almond flour, sweetener, baking powder, baking soda and salt together.

Now whisk in the melted butter, almond milk, eggs and vanilla. Once everything is combined, gently fold in the blueberries.

Divide the mixture evenly between each cake case and then bake for around 23 minutes until light golden brown.

Once baked, carefully remove the muffins from the oven and leave to cool for 30 minutes before placing them on a wire rack to cool completely.







# MOREISH MUFFINS

*These make the best snack for those always on the go*



## LEMON MUFFINS

### INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
23 minutes

**SERVINGS:**  
12

**NET CARBS PER SERVING:** 3g

### INGREDIENTS

The same ingredients as in the recipe on page 46, plus:

**6 tbsp** lemon juice

**2 tbsp** lemon zest

### METHOD

Follow the directions on p46, however omit the blueberries. Add 3 tbsp of fresh lemon juice along with the zest into the muffin batter and mix well. Once baked and on the cooling rack poke a few small holes in the top of each muffin and drizzle a the rest of the lemon juice over each muffin. These are delightfully sharp and super tasty.



## CHOCOLATE CHIP

### INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
23 minutes

**SERVINGS:**  
12

**NET CARBS PER SERVING:** 3g

### INGREDIENTS

The same ingredients as in the recipe on page 46, plus:

**1 cup** sugar free chocolate chips

### METHOD

Follow the directions on p46, however omit the blueberries. Instead add in chocolate chips and bake in the exact same way. be careful when they come out of the oven because the chocolate will be molten hot.



# CHEESE & BACON

## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
23 minutes

**SERVINGS:**  
12

**NET CARBS PER SERVING:** 3g

## INGREDIENTS

The same ingredients as in the recipe on page 46, plus:

**6 rashers** of crispy bacon, crushed

**1 cup** grated cheese of your choice

## METHOD

Follow the directions on p46, however omit the blueberries and half of the sweetener. Instead add the crushed crispy bacon and the grated cheese. Keep a little cheese back to sprinkle on the tops of each muffin before baking.



# CARAMEL AND WALNUT

## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
23 minutes

**SERVINGS:**  
12

**NET CARBS PER SERVING:** 2g

## INGREDIENTS

The same ingredients as in the recipe on page 46, plus:

**2 tsp** caramel stevia

**½ cup** crushed walnuts

## METHOD

Follow the directions on p46, however omit the blueberries. Instead add the crushed walnuts and the caramel stevia. If you want to make them extra pretty place half a walnut on the top of each muffin before baking.





# CRAZY BIRTHDAY CAKE BARS

*Make everyday a celebration with these colourful slices of cake*

## INFORMATION

**PREP TIME:**  
30 minutes

**BAKING TIME:**  
25 minutes

**SERVINGS:**  
8

**NET CARBS PER SERVING:** 3g

## INGREDIENTS

**96g | 3.3oz | 1 cup** almond flour

**96g | 3.3oz | ½ cup** sweetener

**60g | 2oz | ½ cup** unsweetened desiccated coconut

**½ teaspoon** baking powder

**115g | 4oz | ½ cup** unsalted butter melted

**1 egg**

**1 tsp** vanilla essence

### FOR THE FROSTING:

**60g | 2oz | ½ cup** powdered sweetener

**2 tbsp** unsweetened cocoa powder

**1 tbsp** unsalted butter, melted

**2-3 tbsp** hot water

## METHOD

Preheat your oven to 170°C/340°F/Gas mark 3. Line a 7x11-inch baking tin with parchment paper, and grease the sides with butter.

In a large mixing bowl, add the sweetener, desiccated coconut, almond flour and baking powder. Mix it together well with a spoon.

Pour the melted butter into the dry ingredients, along with the egg and vanilla. Mix until it's all combined

Spoon the mixture into your lined baking tin and spread evenly.

Bake the cake bars in the preheated oven for 20-25 minutes. When it is cooked it should spring back when touched, with a golden brown top.

While the cakes are cooling in the tin, make the frosting. In a clean mixing bowl, sift the powdered sweetener and cocoa powder through a sieve.

Add the melted butter, then the hot water a little at a time. Stir it until the chocolate frosting is spreadable, but not too runny. You probably won't need all of the hot water.

Spread the frosting over the hot base so that it melts a little and can be spread more easily. Allow to cool for a few minutes.

Sprinkle over the sprinkles as much or as little as you like – we went a bit crazy. Cut the chilled slice into eight bars and enjoy.

### Make keto sprinkles

Mix 1 cup of powdered sweetener with 1 tbsp of almond milk. Mix thoroughly until a dough forms. You might need to add more milk. Then divide the mixture into as many colours as you'd like and massage gel food colouring into each section. Roll each colour out and is the narrowest icing nozzle to cut out individual sprinkles. Leave in a sealed sandwich bag to dry out. Now sprinkle over everything! You can also crumble it like we have done here.



CAKE





# CHOCOLATE SWISS ROLL

*The keto take on this kitchen-table favourite won't leave you disappointed*

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
12 minutes

**SERVINGS:**  
12

**NET CARBS PER SERVING:** 4g

## INGREDIENTS

**96g | 3.3oz | 1 cup** almond flour

**4 tbsp** butter, melted

**3** eggs

**28g | 1oz | ¼ cup** psyllium husk powder

**28g | 1oz | ¼ cup** cocoa powder

**60ml | 2oz | ¼ cup** coconut milk

**60g | 2oz | ¼ cup** sour cream

**50g | 1.7oz | ¼ cup** sweetener

**1 tsp** vanilla

**1 tsp** baking powder

### FOR THE FILLING:

**225g | 8oz | 2 cups** cream cheese

**8 tbsp** butter

**60g | 2oz | ¼ cup** sour cream

**50g | 1.7oz | ¼ cup** powdered sweetener

**¼ tsp** liquid stevia

**1 tsp** vanilla

## METHOD

Preheat the oven to 180°C/350°F/Gas mark 4, and line a large swiss roll baking tray with baking parchment.

In large bowl, combine the almond flour, psyllium husk powder, cocoa powder, sweetener and the baking powder. Mix together until everything is evenly distributed.

Add the melted butter, sour cream and eggs into the dry ingredients, and mix thoroughly using an electric whisk or wooden spoon.

Add the coconut milk to the batter. This will loosen the batter and make it easier to spread.

Pour the batter over the baking tray and spread it evenly across the entire surface. Use your hands if you need to!

Bake for 12 minutes. Make sure not to over bake it!

Let it cool slightly, then use the parchment to roll it into a spiral while you work on the creamy filling.

In a large bowl, beat together the cream cheese, butter, sour cream, sweetener, stevia, vanilla using a hand mixer. Mix until light and fluffy and fully combined.

Carefully unravel the chocolate cake and spread the creamy filling evenly across it with a spoon.

Now, roll the cake up gently, and use a knife to scrape off any excess filling that spills out of the edges.







# MATCHA SWISS ROLL

*Lean and green, this definitely isn't mean to your tastebuds*

## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
10 minutes

**SERVINGS:**  
10

**NET CARBS PER SERVING:** 5g

## INGREDIENTS

**96g | 3.3oz | 1 cup**  
almond flour

**1 tbsp** xanthan gum

**28g | 1oz | ¼ cup** matcha powder

**60g | 2oz | ½ cup**  
sweetener, powdered

**1 tsp** baking powder

**½ tsp** salt

**4 tbsp** butter, melted

**3** eggs

**118ml | 4floz | ½ cup**  
double cream

**1 tsp** vanilla

### FILLING:

**1** gelatin leaf

**3 tbsp** water

**2 tsp** vanilla

**60g | 2oz | ¼ cup**  
sweetener, powdered

**472ml | 16floz | 2 cups**  
double cream

## METHOD

Preheat oven to 180°C/350°F/Gas mark 4, and line a large swiss roll tin with baking parchment.

Combine the almond flour, psyllium husk powder, matcha powder, sweetener, baking powder and salt in a large mixing bowl.

In a separate bowl, mix together the butter, eggs, double cream and vanilla. Add the wet ingredients to the dry ingredients and mix them together. This will form a thick dough – not a cake batter.

Spread the dough out to cover the whole rectangular tray. To ensure it is even and flat, place another bit of parchment on top and use a rolling pit to smooth it out.

Bake in the oven for around 10 minutes. It should rise a little and start to brown at the edges.

Let the cake cool for a few minutes. While it is still warm, use the parchment paper to help roll it up. Now, leave the rolled up cake to cool completely.

Activate the gelatin leaf in some cold water, then dissolve it in the hot water. Add the vanilla and the double cream and beat with an electric whisk until the cream becomes stiff.

Once the cake has cooled, carefully unroll it and spread the whipped cream evenly across it. Make sure the cream goes all the way to the edge.

Now, roll the cake back up, being careful not to break it. Place in the fridge for around 2 hours before slicing and serving.







# LEMON AND COCONUT CAKE

*You can whip up this tea-time classic in next to no time and you'll struggle to tell its the keto version*

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
30 minutes

**SERVINGS:**  
8

**NET CARBS PER SERVING:** 3g

## INGREDIENTS

**60g | 2oz | ½ cup** coconut flour

**5** eggs

**60g | 2oz | ¼ cup** sweetener

**115g | 4oz | ½ cup** butter, melted

**½** lemon juiced

**½ tsp** lemon zest

**½ tsp** xanthan gum

**½ tsp** salt

### FOR THE ICING:

**225g | 8oz | 1 cup** cream cheese

**3 tbsp** sweetener, powdered

**1 tbsp** lemon zest

## METHOD

To begin, grease a 9x5-inch loaf tin and line it with baking parchment. Preheat the oven to 180°C/350°F/Gas mark 4.

Now, separate the egg whites and yolks, and then beat the egg whites until they form stiff white peaks. Make sure you use a metal or glass bowl and it is clean and dry when you begin.

Place the rest of the cake ingredients into the bowl of whipped egg whites along with the egg yolks. Mix carefully until well combined. Be careful not to beat too much air out of the mix

Pour the batter into your loaf tin and bake for 30 minutes. Keep an eye on it as cooking times may vary.

Take the cake out of the oven and leave to cool for 20 minutes before transferring it to a wire rack to cool completely. If you haven't used baking parchment be very careful as coconut flour causes cakes to stick.

Now, beat the cream cheese, sweetener, and lemon zest together, then once the cake has cooled spread the icing on top. Decorate with larger bits of grated lemon peel. We used a handheld vegetable peeler for this.







# CHOCOLATE CAKE

*It's the one you've been waiting for – bake this for your next celebration or keep it all for yourself*

## INGREDIENTS

**144g | 5oz | 1 ½ cup**  
almond flour

**70g | 2.5oz | ⅔ cup**  
unsweetened cocoa powder

**96g | 3.3oz | ¾ cup**  
coconut flour

**28g | 1oz | ¼ cup** flaxseed meal

**2 tsp** baking powder

**115g | 3.3oz | ½ cup** butter, softened

**150g | 5.2oz | ¾ cup**  
sweetener

**4** eggs

**1 tsp** vanilla extract

**236ml | 8floz | 1 cup**  
almond milk

**80ml | 2.7floz | ⅓ cup**  
strong coffee

## FOR THE BUTTERCREAM

**226g | 8oz | 2 cups** cream cheese, softened

**115g | 3.3oz | ½ cup** butter, softened

**90g | 3oz | ¾ cup**  
powdered sweetener

**60g | 2oz | ½ cup**  
unsweetened cocoa powder

**60g | 2oz | ½ cup** coconut flour

**¼ tsp** instant coffee powder

**177ml | 6floz | ¾ cup**  
double cream

## METHOD

Preheat your oven to 180°C/350°F/Gas mark 4 and line two eight-inch round cake tins with baking parchment and grease.

In a large bowl, whisk together the almond flour, cocoa powder, coconut flour, flaxseed meal and baking powder.

In another large bowl, using an electric whisk or wooden spoon, beat the butter and sweetener together until light and fluffy.

Add the eggs one at a time, then the vanilla. Now add in the dry ingredients and mix until fully combined. Finally stir in the milk and coffee.

Divide the batter between the cake tins and bake for 28 minutes. Once cooked remove the cakes from the oven and leave them to cool.

For the frosting, beat the cream cheese and butter together with a hand mixer in a large bowl until smooth. and super creamy. Add the sweetener cocoa powder, coconut flour and instant coffee, and beat until there are no lumps. Add the cream, and beat until fully mixed in.

Place one of the cakes on a cake stand or plate and then spread a thick layer of buttercream on top. Repeat with the remaining layers, and spread the around the edges. Use a palette knife to smooth completely.

Grate some sugar free chocolate on the top to decorate or sprinkle with a handful of your favourite crushed nuts.

## INFORMATION

**PREP TIME:**  
15 minutes

**BAKING TIME:**  
28 minutes

**SERVINGS:**  
16

**NET CARBS PER SERVING:** 6g







# COFFEE AND WALNUT CAKE

*This is an absolute showstopper and will be the star of any keto tea party*

## INFORMATION

**PREP TIME:**  
15 minutes

**BAKING TIME:**  
20 minutes

**SERVINGS:**  
12

**NET CARBS PER SERVING:** 2g

## INGREDIENTS

**3** eggs

**192g | 6.6oz | 2 cups**  
almond flour

**1 tsp** baking powder

**230g | 8oz | 1 cup** butter

**200g | 7oz | 1 cup**  
sweetener

**1 tbsp** instant coffee powder

**60ml | 2oz | ¼ cup**  
unsweetened almond milk

## FOR THE BUTTERCREAM:

**160g | 5.6oz | ⅔ cup**  
butter, softened

**80g | 2.8oz | ⅔ cup**  
powdered sweetener

**2 tsp** instant coffee powder

**2 tbsp** almond milk

**65g | 2.3oz | ½ cup** walnuts

## METHOD

Preheat your oven to 180°C/350°F/Gas mark 4, and grease three 9-inch round cake tins. You may want to add a disk of baking parchment to the bottom of each too.

Place the almond flour and baking powder into a large mixing bowl and stir until the baking powder has distributed evenly.

On a low heat, gently warm the almond milk in a saucepan and stir in the instant coffee powder. Now leave it to cool completely.

In a large mixing bowl beat the butter and sweetener with an electric whisk until it is smooth and creamy. Keep going until it lightens in colour.

Now, beat the eggs into the butter, one at a time. Then add in the cooled almond coffee to the mixture and gently stir through. With a large metal spoon fold in the dry ingredients a little at a time. Fold gently to encourage as much air into the mix as possible.

Divide the cake mixture evenly between the three cake tins pop them in the oven for around 20 minutes. The cakes should have browned slightly and be springy to the touch.

Once baked, remove the cakes from the oven to cool in their tins for 15 minutes before removing from the tins to cool completely.

Whilst the cakes are cooling you can make the buttercream. Carefully warm 2 tablespoons of almond milk and stir in 2 teaspoons of coffee. Leave it to cool completely.

Now beat together the butter and powdered sweetener with an electric whisk until light and fluffy – just like before. Add in the cooled coffee and beat again.

Place one of the cakes on the plate or cake case and spread a third of the icing over it. Add the next cake and repeat. Lay the last cake on the top and spread the remaining icing.

Decorate with walnut halves and sprinkle with ground coffee.



CAKE





# LEMON AND POPPY SEED CAKE

*Fancy something out of the ordinary?  
You can't go far wrong with this*

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
20 minutes

**SERVINGS:**  
12

**NET CARBS PER  
SERVING:** 3g

## INGREDIENTS

**144g | 5oz | 1 ½ cups**  
almond flour

**30g | 1oz | ¼ cup**  
sweetener, powdered

**118g | 4oz | ½ cup** sour  
cream

**75g | 2.6oz | ⅓ cup** salted  
butter

**2** eggs

**1 ½ tsp** baking powder

**2 tbsp** poppy seeds

Zest of **1** lemon

**1 tsp** vanilla extract

## FOR THE ICING

**2 tbsp** lemon juice

**60g | 2oz | ½ cup**  
sweetener, powdered

**½ cup** blackberries,  
strained

**60ml | 2oz | ¼ cup** heavy  
cream

**6 tbsp** butter

## METHOD

Melt the butter for the cake in a pan and start browning it over medium-low heat. Once the butter has melted, add in the sour cream, eggs and lemon, and mix thoroughly. Add to the dry ingredients and mix together well.

Spoon the cake mixture into a greased round cake pan and bake for 20-25 minutes at 170°C/335°F/Gas mark 3. If after 20 minutes the cake does not look cooked then cover with foil and bake for a further 10 minutes.

Remove from the oven and leave to cool in the tin for 20 minutes before removing and leaving to cool further on a cooling rack.

For the icing, begin by pureeing the blackberries in a food processor or blender – you could also just mash them through a sieve. Add in the lemon juice and sweetener into blackberry puree and mix well.

Cream the butter and heavy cream together using an electric whisk, then slowly drizzle the blackberry puree into this until a thick icing has formed.

Spread over the entire the cake and set in the fridge for 20-30 minutes. Decorate with extra blackberries and strawberries.







# CHOCOLATE AND PEANUT BUTTER CAKE

*Nobody will believe you when you tell them that this decadent cake is keto*

## INGREDIENTS

**192g | 6.6oz | 2 cups** almond flour  
**80g | 2.8oz |  $\frac{2}{3}$  cup** raw cocoa powder  
**42g | 1.5oz |  $\frac{1}{3}$  cup** coconut flour  
**1 tbsp** baking powder  
 **$\frac{1}{2}$  tsp** salt  
**115g | 4oz |  $\frac{1}{2}$  cup** butter, softened  
**150g | 5.3oz |  $\frac{3}{4}$  cup** sweetener  
**4** eggs  
**1 tsp** vanilla extract  
**177ml | 6floz |  $\frac{3}{4}$  cup** almond milk

## FOR THE FROSTING:

**225g | 8oz | 1 cup** cream cheese softened  
**4 tbsp** butter softened  
**250g | 8.8oz | 1 cup** peanut butter  
**120g | 4.2oz | 1 cup** powdered sweetener  
**236ml | 8floz | 1 cup** double cream

## METHOD

Preheat your oven to 160°C/325°F/Gas mark 3 and grease 2 9-inch round cake tins. You may want to place a disc of baking parchment at the bottom of each of them too.

In a large bowl, mix the almond flour, cocoa powder, coconut flour, baking powder and salt together to ensure that everything is evenly distributed.

In a different bowl, use an electric whisk or wooden spoon to beat the butter and sweetener until it becomes creamy and lightens in colour. Now, beat in the eggs until your batter is smooth.

Next, beat in half of the dry ingredients and add the almond milk. Once fully combined add in the rest of the flour mix.

Carefully divide the cake mix evenly between the cake tins and bake for around 25 minutes.

Remove the cakes from the oven and leave to cool in the tins for 20 minutes before removing them and leaving to cool on a wire rack completely.

In a large bowl, beat the cream cheese, butter and peanut butter until well combined using an electric whisk. Next, beat in the sweetener and cream until mixture is smooth.

Place one layer of cake on a serving platter and spread a third of the icing over the top and place the other cake on top. Now spread the rest of the icing over the top and coat the sides.

Scatter some peanuts and grate a little sugar-free chocolate over the top to decorate.



**INFORMATION**

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
25 minutes

**SERVINGS:**  
14

**NET CARBS PER  
SERVING:** 8g





# INDIVIDUAL VICTORIA SPONGES

*The quintessential tea party cake! Impress with these personal sponges full of cream*

## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
20 minutes

**SERVINGS:**  
6

**NET CARBS PER SERVING:** 5g

## INGREDIENTS

**120g | 4.2oz | 1 ¼ cups** almond flour

**150g | 5.3oz | ¾ cup** granulated sweetener

**1 tsp** baking powder

**¼ tsp** sea salt

**4** eggs

**100g | 3.5oz | ½ cup** cream cheese, softened

**60g | 2oz | ¼ cup** butter, softened

## FOR THE FILLING:

**236ml | 8floz | 1 cup** double cream

**½ cup** fresh raspberries

## METHOD

Preheat your oven to 180°C/350°F/Gas mark 4 and grease 6 small individual cake tins with a little butter.

Beat together the sweetener and softened butter with an electric whisk until lighter in colour and fluffy. Now, beat in the cream cheese.

Then add the eggs one at a time, mixing thoroughly between each addition and finally add the rest of the dry ingredients.

Pour the batter into your prepared tins and bake in the oven for 20 minutes. Checking frequently as some ovens vary. They are ready when they spring back to the touch.

Once cooked, remove from the oven and leave in their tins for 30 minutes to cool. Run a knife around the edges to remove them from their tins, and leave to cool completely on a wire rack.

Using a sharp knife carefully cut each sponge in half to create the sandwich effect.

Beat the cream until stiff peaks form. Next crush the raspberries with a fork. Put a generous dollop of cream on the base sponge followed by some of the crushed raspberries. Then place the other half on top.

Sprinkle the cakes with a little powdered sweetener to finish.







# BITES

- 70** Coconut macaroons
- 72** Chocolate brownies
- 74** Caramel latte cookies
- 76** Chocolate chilli cookies
- 78** Other cookies
- 80** Mocha cookies
- 82** Cream cheese cookies
- 84** Shortbread
- 86** Chocolate shortbread
- 88** Peanut butter cookies
- 90** Snickerdoodles
- 92** Cacao butter cookies
- 94** Walnut blondies
- 96** Cacao bars







84



72



90

69



# COCONUT MACAROONS

*For snacking on the go, give these  
bite-sized beauties a try*

## INFORMATION

**PREP TIME:**  
15 minutes

**BAKING TIME:**  
18 minutes

**SERVINGS:**  
24

**NET CARBS PER  
SERVING:** 5g

## INGREDIENTS

**250g | 9oz | 2½ cups**  
unsweetened desiccated  
coconut

**48g | 1.6oz | ½ cup** almond  
flour

**100g | 3.5oz | ½ cup**  
sweetener

**118ml | 4floz | ½ cup**  
aquafaba

**90g | 3oz | ½ cup** dark  
sugar free chocolate

## METHOD

Preheat your oven to 180°C/350°F/Gas mark 4 and line a baking tray with parchment paper. Pour one cup of desiccated coconut over the tray and pop it in the oven for 8-10 minutes.

Next, put all of the ingredients (apart from the chocolate) in a large bowl, including the toasted coconut, and mix well.

Using a teaspoon or cookie scoop, take spoonfuls of the mix and create rounded macaroons by compacting the ingredients together. We found that using our hands to press the ingredients into the desirable shape worked the best.

Now, bake the macaroons for 18-20 minutes.

As the macaroons cool, melt the sugar-free dark chocolate. Then, once the macaroons are completely cool, dip their flat bottoms in the dark chocolate and place them on a clean sheet of parchment paper. Put the finished macaroons in the fridge to set for 5-10 minutes.







# CHOCOLATE BROWNIES

*Crumbly, rich and sinfully chocolatey, these brownies are so tasty you won't even know they're keto*

## INFORMATION

**PREP TIME:**  
15-20 minutes

**BAKING TIME:**  
30-35 minutes

**SERVINGS:**  
12

**NET CARBS PER SERVING:** 2g

## INGREDIENTS

**60g | 2oz | ¾ cup** cocoa powder

**¼ tsp** sea salt

**6-8 tbsp** hot water

**2** eggs

**6 tbsp** vegetable oil

**170g | 6oz | ¾ cup** sweetener

**96g | 3.3oz | 1 cup** almond flour

**85g | 3oz | ½ cup** chopped walnuts

## METHOD

Preheat your oven to 180°C/350°F/Gas mark 4. Line a 8-inch square tin – or the closest you have – with baking paper and set aside. Boil some water – you should only need about half a cup.

In a large bowl, mix the cocoa powder, salt and six tablespoons of hot water until it forms a thick paste. You may need to squish the paste against the bowl to get it to mix. If the paste is too thick for you to get it to an even consistency, add up to two more tablespoons of water.

In a separate bowl, add the eggs and vegetable oil and give them a quick mix together with a fork or a whisk to break up the yolks.

The cocoa paste should cool fairly quickly. Check it's no longer hot and add a few spoonfuls of the oil and egg mixture. Stir thoroughly.

Keep adding the oil and egg mixture to the cocoa paste, stirring well after each addition. Once you've added it all, the paste should be evenly mixed.

Add the sweetener and almond flour to the batter and stir thoroughly. Scrape the bowl to make sure there are no clumps of dry ingredients.

Set aside a handful of the chopped walnuts for later. Add the rest of the nuts to the brownie batter and stir until they are evenly distributed.

Pour the mixture into the prepared tin and smooth it into the corners. Give the tin a few taps against a worktop to get rid of any air bubbles.

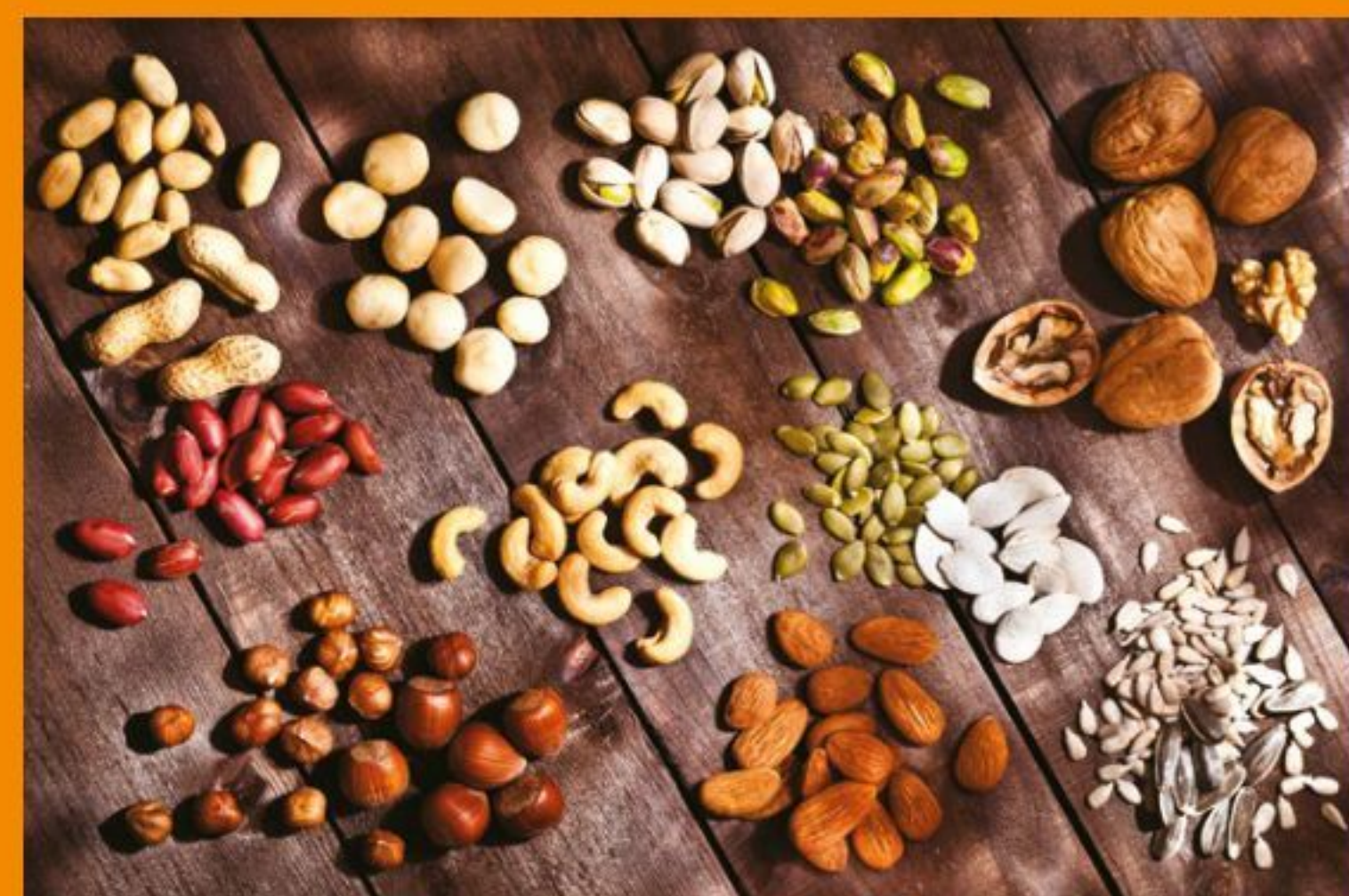
Sprinkle the remaining walnuts over the top of the brownie mix. If any are sticking out too much, press them down with the back of a clean spoon.

Place the tin into the middle of the pre-heated oven and bake for 30-35 minutes, rotating the tin halfway through. The surface should set and start to crack at the edges, but the inside should still be soft and gooey.

Take the brownies out of the oven and leave them to cool for 10 minutes. Transfer them to a cooling rack to cool before slicing.

## VARIATIONS

You could replace walnuts with chopped macadamias or almonds, or any mixture of your favourite keto-friendly nuts and seeds. You could also add a handful or two of cacao nibs to the mixture to make the brownies extra chocolatey and add a bit of crunch.









# CARAMEL LATTE COOKIES

*Enjoy a double hit of coffee goodness with a caramel latte cookie along side of your afternoon mug of joe*

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
12 minutes

**SERVINGS:**  
10

**NET CARBS PER SERVING:** 2g

## INGREDIENTS

**144g | 5oz | 1 ½ cups**  
almond flour

**115g | 4oz | ½ cup** unsalted  
butter

**130g | 4.5oz | ⅓ cup**  
sweetener

**2** eggs

**4 tsp** instant coffee grounds

**1 ½ tsp** vanilla extract

**½ tsp** baking soda

**½ tsp** salt

**17 drops** caramel stevia

## METHOD

Preheat your oven to 180°C/350°F/Gas mark 4 and line a large baking tray with baking parchment.

In a large mixing bowl, add the almond flour, coffee, baking soda and salt. Then, in separate bowls, separate your eggs into whites and yolks.

Whip the butter with an electric whisk or wooden spoon until it's light and fluffy, then add the sweetener and continue creaming it until it lightens in colour.

Add the egg yolks to the butter and continue mixing until smooth.

Next add half of the dry ingredients to your creamed butter mixture and mix well, followed by the caramel stevia. Add the rest of your almond flour mixture and continue mixing until thoroughly combined.

Beat the egg whites with a clean electric whisk or hand whisk until stiff peaks form.

Add your egg whites to the cookie dough and carefully fold them into the mix.

Evenly divide your cookie mixture onto the baking tray using a spoon. Try to leave decent gaps between each as this mix will expand and travel when baked. Use more than one tray if needed.

Bake the cookies in the oven for 12-15 minutes then allow them to cool on the tray for 10 minutes before transferring them to a wire rack to cool further.







# CHOCOLATE CHILLI COOKIES

*Chilli and cookies may not seem like conventional bedfellows, but get ready to be surprised*

## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
10 minutes

**SERVINGS:**  
12

**NET CARBS PER  
SERVING:** 3g

## INGREDIENTS

**340g | 12oz | 2 cups**  
unsweetened chocolate

**115g | 4oz | ½ cup** of  
unsalted butter

**4** eggs

**1 tsp** vanilla extract

**2 tsp** baking powder

**¼ tsp** sea salt

**¼ tsp** cinnamon

**¼ tsp** cayenne pepper

**1 tsp** chilli flakes

**144g | 5oz | 1 ½ cups** of  
almond flour

**400g | 14oz | 2 cup**  
sweetener

## METHOD

Preheat your oven to 180°C/350°F/Gas mark 4 and line a baking tray with baking parchment.

Melt the chocolate with the butter in a glass bowl over a pan of simmering water. Make sure that you keep stirring until it is fully melted. Don't let the water boil or touch the bottom of the bowl.

In another bowl, mix the almond flour, baking powder, sea salt and spices together.

Let the chocolate cool slightly, and then beat each egg in one at a time, followed by the sweetener.

Next, stir in the dry ingredients until combined. Gather the dough into one block, wrap in clingfilm and chill in the fridge for around one hour.

Place spoonfuls or small handfuls of the dough onto your baking tray and bake in the oven for 10 minutes. Once cooked, leave to cool for 15 minutes, before transferring to a wire rack to cool completely.







# COOKIES

*There's a cookie monster in everyone!*



## PECAN

### INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
12 minutes

**SERVINGS:**  
10

**NET CARBS PER  
SERVING:** 2g

### INGREDIENTS

The same ingredients as in the recipe on page 74, plus:

**½ cup** pecans

### METHOD

Follow the directions on page 74, but omit the coffee grounds. Roughly chop the pecans and carefully mix this in to the cookie mix before baking.



## RASPBERRY RIPPLE

### INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
12 minutes

**SERVINGS:**  
10

**NET CARBS PER  
SERVING:** 2g

### INGREDIENTS

The same ingredients as in the recipe on page 74, plus:

**½ cup** raspberries, crushed

### METHOD

Follow the directions on page 74, but omit the coffee grounds and caramel stevia. Loosely stir the raspberries through the cookie mix. You don't want to mix it in properly to keep the ripple effect.



# PISTACHIO

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
12 minutes

**SERVINGS:**  
10

**NET CARBS PER  
SERVING:** 3g

## INGREDIENTS

The same ingredients as in the recipe on page 74, plus:

**½ cup** pistachios

## METHOD

Follow the directions on page 74, but omit the coffee grounds. Roughly chop the pistachios and carefully mix this in to the cookie mix before baking.



# DOUBLE CHOCOLATE

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
12 minutes

**SERVINGS:**  
10

**NET CARBS PER  
SERVING:** 3g

## INGREDIENTS

The same ingredients as in the recipe on page 76, plus:

**½ cup** sugar-free chocolate chips

## METHOD

Follow the directions on page 76, but omit all of the spices and mix in the chocolate chips.





# MOCHA COOKIES

*Why not merge your morning coffee and cookie into one?*

## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
12 minutes

**SERVINGS:**  
20

**NET CARBS PER SERVING:** 1g

## INGREDIENTS

**115g | 4oz | ½ cup** butter

**30g | 1oz | ¼ cup** powdered sweetener

**1 tsp** sugar-free vanilla extract

**96g | 3.3oz | 1 cup** almond flour

**60g | 2oz | ½ cup** raw cacao powder

**28g | 1oz | ¼ cup** unsweetened desiccated coconut

**2 tsp** instant coffee powder

### FOR THE ICING:

**60g | 2oz | ½ cup** powdered sweetener

**1** egg white

**50ml | 1.6floz** strong coffee

**1 tsp** cocoa powder

## METHOD

Preheat your oven to 190°C/375°F/Gas mark, and line a baking tray with baking parchment.

Using an electric whisk or wooden spoon, beat the butter and sweetener together until it becomes light and fluffy.

Meanwhile, place all the dry ingredients in a bowl and mix to break up any lumps and to distribute the baking powder.

Add the dry ingredients to the butter and beat well. Bring all the dough together to form one large ball. Divide it into more manageable chunks and then roll it out and use a cookie cutter to cup out shapes.

Place each cookie on the tray with a decent amount of space either side. You might need 2 trays, or just cook them in more than one batch.

Pop the cut cookies in the fridge for 20 minutes then bake for 8-12 minutes – be careful not to burn them as they will catch quite quickly.

The biscuits will not crisp up until completely cold, so remove them from the oven and let them cool on the trays.

Mix the egg white and powdered sugar together. Take out two tablespoons and add a teaspoon of cocoa powder to it. Then add coffee to the rest.

Put the coffee icing into one piping bag and the chocolate into another. Use the coffee icing to draw a circle around the top of the cookie and then fill it in. Drop spots of the chocolate icing in pretty patterns over the top of each cookie then tap them on the worksurface to even the icing out.







# CREAM CHEESE COOKIES

*Enjoy the melt-in-the-mouth texture that these cream cheese cookies bring to the table*

## INFORMATION

**PREP TIME:**  
30 minutes

**BAKING TIME:**  
15 minutes

**SERVINGS:**  
8

**NET CARBS PER  
SERVING:** 2g

## INGREDIENTS

**115g | 4oz | 1/8 cup** butter

**2 tbsp** cream cheese

**50g | 1.7oz | 1/4 cup**  
sweetener

**1** egg white

**1 tsp** vanilla extract

**144g | 5oz | 1 1/2 cup**  
blanched almond flour

**1/4 tsp** sea salt

## METHOD

Preheat your oven to 177°C/350°F/Gas mark 4. Line a large cookie sheet or baking tray with baking parchment.

Use an electric whisk or wooden spoon to beat together the butter, cream cheese and sweetener until it's fluffy and light in colour. This should take a couple of minutes.

Next, beat in the vanilla extract, salt and egg white.

Use a wooden spoon to mix in the almond flour a little bit at a time. The dough will be dense and a little crumbly, but should stick when pressed together.

Use a medium cookie scoop or dessert spoon to scoop balls of the dough onto the prepared cookie sheet. Flatten each ball with a spoon or the palm of your hand.

Bake in the oven for around 15 minutes until the edges are lightly golden.

Allow to cool completely in the pan before handling and eating. Don't worry if they seem a bit wobbly – they will harden up significantly as they cool!







# SHORTBREAD

*A nut flour take on a buttery Scottish classic – you'll think you're deep in the highlands when you enjoy these*

## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
XX minutes

**SERVINGS:**  
16

**NET CARBS PER  
SERVING:** 1g

## INGREDIENTS

**230g | 8oz | 1 cup** butter

**60g | 2oz | ½ cup** coconut  
flour

**96g | 3.3oz | 1 cup** almond  
flour

**120g | 4.2oz | 1 cup**  
powdered sweetener

**1 tbsp** granulated  
sweetener

## METHOD

Preheat your oven to 180°C/350°F/Gas mark 4 and prepare a baking tray with some parchment paper.

In a large bowl, cream together the butter and powdered sweetener, until soft and fluffy. Next add in both the flours and beat well until everything is combined and a dough has formed.

If you would like shortbread squares, simply press the dough into the base of your baking tray then prick with a fork. It will slice easily once baked.

For round biscuits like ours, roll out the dough until it is about half an inch thick and then use a round cookie cutter to cut out the shapes. Evenly distribute them across your baking tray leaving a decent gap between them. You may need to use more than one tray.

Bake in the oven for 15 minutes or until they just start to take on a golden glow at the edges. You ideally want them to remain quite pale.

Once cooked remove from the oven and allow to cool for 30 minutes before transferring to a wire rack to cool further.

Sprinkle with a little granulated sweetener before serving.







# CHOCOLATE SHORTBREAD

*Enjoy this chocolatey twist on a Scottish classic*

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
15 minutes

**SERVINGS:**  
8

**NET CARBS PER SERVING:** 1g

## INGREDIENTS

**96g | 3.3oz | 1 cup** almond flour

**2tbsp** cocoa powder

**60g | 2oz | ¼ cup** melted butter

**35g | 1.3oz | ¼ cup** sweetener, powdered

## METHOD

Line a baking tray with baking parchment, and preheat the oven to 180°C/350°F/Gas mark 4.

Mix all of the ingredients together in a large mixing bowl. Make sure they're thoroughly combined, and that the dough feels pliable and sticks together really well. It shouldn't stick to your hands, though.

Press the dough into a round shape using the base of another tray to press it down to make sure that it is completely level. Then, using the base of a cake tin, or anything round, trim the edges to get the perfect shape.

Use a knife to score the shortbread, marking out where your slices will be. Then, poke a pretty pattern into it with a skewer.

Chill the shortbread round for 30 minutes in the fridge before baking.

Bake in the oven for 15 minutes, checking after ten minutes to see if it's done. Chocolate biscuits can catch and burn very quickly so make sure to keep an eye on it.

Remove from the oven and leave to cool completely before slicing into your marked sections with a sharp knife.







# PEANUT BUTTER COOKIES

*These crumbly cookies are deliciously moreish and super-simple to make*

## INFORMATION

**PREP TIME:**  
20 minutes

**BAKING TIME:**  
12 minutes

**SERVINGS:**  
18 cookies

**NET CARBS PER SERVING:** 2g

## INGREDIENTS

**70g | 2.5oz | 5 tbsp** butter (softened)

**145g | 5oz | ½ cup** sugar-free peanut butter

**1 tbsp** double cream

**42g | 1.5oz | ⅓ cup** coconut flour

**30g | 1oz | ¼ cup** almond flour

**78g | 2.75oz | 6 tbsp** sweetener

**1 tsp** baking powder

**¼ tsp** baking soda

**1 egg**

Sea salt, to serve

## METHOD

Preheat the oven to 180°C/350°F/Gas mark 4. Line two baking sheets with baking paper and set aside.

In a large mixing bowl, add the peanut butter, double cream and softened butter. Using a wooden spoon, beat them together until there are no big lumps of butter visible. The mixture should be an even consistency.

Add the coconut flour, almond flour, sweetener, baking powder and baking soda to the bowl with the butters and cream. Stir everything together well so there are no clumps of dry ingredients left in the mix.

Add the egg to the rest of the ingredients and stir thoroughly until the mixture comes together. Using the spoon (or a silicone spatula if you have one) scrape down the sides of the bowl and squash the dough together. It will hold itself together when compressed, and should be slightly oily but not sticky.

Take a spoonful of the mixture, roll it into a ball using the palms of your hands, then place it on your prepared baking trays. Repeat until you've used up all the dough, which should give you 15-18 cookies depending on how big you roll them. Make sure you leave plenty of space between each ball on the tray.

Gently press each dough ball with your palm until they are about 1cm or 0.4in thick. For a neater finish, use a cookie cutter to trim the edges of each flattened cookie. You can decorate the top of each cookie if you wish – use a meat tenderiser to stamp a simple pattern, or prick them all over with a fork.

Put the trays into the middle of your preheated oven and bake for about 12-14 minutes, but check them regularly after 10 minutes. The smaller your cookies are, the less time they will need. Once the edges are crisp but the middle is still soft, they are ready.

When they're done, remove the cookies from the oven. They will still be very soft, so avoid the temptation to move them while they're warm. Sprinkle them with a pinch of sea salt, and leave to cool.







# SNICKERDOODLES

*These creamy sandwich cookies are packed with delicious cinnamon spice*

## INFORMATION

**PREP TIME:**  
25 minutes

**BAKING TIME:**  
10 minutes

**SERVINGS:**  
30 sandwich cookies

**NET CARBS PER SERVING:** 1g

## INGREDIENTS

**140g | 5oz | 1 cup** coconut flour

**2 tsp** cinnamon

**1 tsp** baking soda

**¾ tsp** cream of tartar

**½ tsp** salt

**200g | 7.2oz | 1 cup** sweetener

**2** eggs

**2 tsp** vanilla extract

**115g | 4oz | ½ cup** butter, softened

## CINNAMON COATING:

**50g | 1.8oz | ¼ cup** sweetener

**½ tsp** cinnamon

## FOR THE FILLING:

**135g | 4.8oz | 1 cup** powdered sweetener

**1 tsp** vanilla extract

**115g | 4oz | ½ cup** butter, softened

**2 tbsp** milk

## METHOD

Preheat the oven to 160°C/330°F/Gas mark 3 and line two baking trays.

Mix together the ingredients for the coating on a large plate or shallow bowl and set aside.

## FOR THE COOKIES

In a large bowl or a stand mixer, mix together the coconut flour, cinnamon, baking soda, cream of tartar, salt and sweetener.

Add the eggs, vanilla and softened butter to the bowl/mixer with the dry ingredients, and blend at a medium speed until a dough forms. It should be pliable but not sticky.

Take a teaspoon (or melon baller scoop) of the dough, roll it into a ball and place it on one of the prepared baking trays. Repeat until the mix has been used up. The mixture should make around 56-60 balls – you need an even number. Try to make sure all the dough balls are the same size.

Roll each ball in the sweetener and cinnamon coating mix you prepared, pressing each one between your palms to flatten it slightly. Replace each ball on the tray, leaving around 1.5 centimetres between each one.

When the cookies have been coated, place them in the middle of the oven and bake for 8-10 minutes. Depending on your oven, you may need to rotate the baking trays half-way through to ensure an even bake.

Once baked, the cookies should be light golden and the edges may be slightly cracked. Remove from the oven and leave to cool completely.

## FOR THE FILLING

Put all the filling ingredients in a stand mixer and beat together until smooth. If you don't have a stand mixer, you can use a handheld electric mixer, or beat the ingredients by hand with a wooden spoon.

## TO ASSEMBLE THE COOKIES

Once the cookies have cooled, pair them up ready to make the sandwiches. If you do have some cookies that are larger than others, match up similar-sized ones as best you can.

Take between half and one teaspoon of the filling and spread it on the base of one of the cookies. Place the other cookie over the filling and press them together gently to force the filling to the edges. Alternatively, you can pipe the filling in a spiral for a more professional finish.







# CACAO BUTTER COOKIES

*Tasting as good as they look, we recommend you get these in your oven sharpish*

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
12 minutes

**SERVINGS:**  
12

**NET CARBS PER SERVING:** 2g

## INGREDIENTS

**115g | 4oz | ½ cup** melted cacao butter

**240g | 8.5oz | 2 ½ cups** almond flour

**1 tsp** of vanilla extract

**¼ teaspoon** of salt

**44g | 1.5oz | ¼ cup** of chocolate chips

**3 tbsp** stevia

**2** eggs

**2 tbsp** almond milk

## METHOD

Preheat your oven to 180°C/350°F/Gas mark 4, then melt the cacao butter in a heavy-bottomed pan. While the butter melts, line a large baking tray – you might need two – with some baking parchment.

Next, mix the eggs, vanilla extract, almond milk, stevia and melted butter together in a large bowl.

Stir in the almond flour, salt and chocolate chips using wooden spoon or spatula until everything has been evenly distributed.

Now, divide the dough into 12 pieces and mould each one into a round cookie-like shape in your hands. Spread them out evenly on the baking trays, leaving a decent gap between to allow them to expand.

Bake in the oven for 10-12 minutes until the cookies begin to brown at the edges.

Once baked, take them out and allow them to cool for at least 20 minutes, before transferring to a wire rack, as they will be quite soft straight out of the oven.







# CARAMEL WALNUT BLONDIES

*We're nuts for this slice of keto culinary excellence*

## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
35 minutes

**SERVINGS:**  
12

**NET CARBS PER SERVING:** 2g

## INGREDIENTS

**96g | 3.3oz | 1 cup** almond flour

**30g | 1oz | 1/4 cup** coconut flour

**2 tsp** baking powder

**100g | 3.5oz | 1/2 cup** Sweetener

**115g | 4oz | 1/2 cup** butter melted

**3** eggs

**2 tsp** caramel stevia

**115g | 4oz | 3/4 cup** chopped walnuts

**30g | 1oz | 1/4 cup** powdered sweetener

## METHOD

Preheat your oven to 180°C/350°F/Gas mark 4 and line a nine-inch square baking pan with baking parchment.

Next, mix the sweetener and butter in a large bowl until smooth and creamy. Then stir in eggs and a teaspoon of caramel stevia. Now add coconut flour, almond flour, and baking powder into the wet ingredients and mix well. Stir in the nuts, and finally pour into the prepared pan.

Bake in the oven for around 35 minutes. Once baked, remove from the oven to cool completely and pop in the fridge for at least an hour before slicing into squares.

Drizzle the blondies with a little icing to add an extra kick of sweetness. Simply mix the powdered sweetener with a little water and a teaspoon of caramel stevia, then carefully drizzle it over the blondies.







# CACAO BARS

*Embrace the cacao bean and devour these rich buttery cake bars*

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
20 minutes

**SERVINGS:**  
12

**NET CARBS PER  
SERVING:** 1g

## INGREDIENTS

**6 tbsp** cacao butter  
**2 tbsp** butter unsalted,  
room temperature  
**1 tsp** baking powder  
**6 tbsp** powdered sweetener  
**1 dash** salt  
**2** eggs room temperature  
**1 tsp** vanilla extract  
**2 tbsp** coconut cream  
**28g | 1oz | ¼ cup**  
almond flour  
**2.5 tbsp** coconut four  
**60g | 2oz | ¼ cup** dark  
chocolate chopped

## METHOD

Preheat the oven to 180°C/350°F/Gas mark 4 and line an 8-inch square cake tin with some parchment paper.

Place the cacao butter in a microwave-safe bowl and microwave for two minutes. Stir the butter until there are no lumps left. If needed, microwave for another minute or so. Now, stir in the unsalted butter and then set aside to cool.

Using a hand electric mixer or wooden spoon, mix the eggs, sweetener, salt and vanilla extract for a couple of minutes. Add the coconut cream and mix again.

Pour in the cooled butter and mix until the mixture gets denser. Sieve and combine the two flours and baking soda. Add this flour mixture to the cream and combine well with a rubber spatula. Add the chopped chocolate and stir well again.

Put the mixture in the lined baking tray and spread it out evenly using a spatula.

Put it in the centre of the oven and bake for 20 minutes. Allow to cool and cut into 12 equal-sized blondies.

These are best enjoyed after a night in the fridge.







# DESSERT

- 100** Key lime pie
- 102** Cloud cheesecake
- 104** Coconut cream pie
- 106** Pecan pie
- 108** Berry pavlova
- 110** Berry cobbler
- 112** Chocolate tart
- 114** Strawberry tarts
- 116** Lime curd tart
- 118** Hazelnut cheesecake



118



108



110







# KEY LIME PIE

*Add a citrus zing to your dessert game with this deliciously creamy pie*

## INFORMATION

**PREP TIME:**  
20 minutes

**BAKING TIME:**  
25 minutes

**SERVINGS:**  
10

**NET CARBS PER  
SERVING:** 2g

## INGREDIENTS

**100g | 3.5oz | ¾ cup**  
ground pecans

**100g | 3.5oz | ¾ cup**  
ground flaxseed

**⅓ tsp** sea salt

**1 tbsp** granulated  
sweetener

**115g | 4oz | ½ cup** butter,  
melted

### FOR THE FILLING:

**236ml | 8floz | 1 cup** double  
cream

**3 tbsp** sweetener

**6** eggs

**100 ml | 3floz | ½ cup** lime  
juice

**4 tbsp** lime zest

## METHOD

Preheat the oven to 120°C/225°F/Gas mark 1.

Mix the ground pecans, flaxseed, sweetener, vanilla and melted butter together, and press the mixture into the bottom and up the sides of a nine-inch pie tin. A loose-bottom tin is advisable! Use the back of a spoon to make it as compact as possible.

Bake the crust in the oven for 10 minutes, until it begins to turn golden. Remove it from the oven and then leave it to cool completely.

Pour the cream into a saucepan and warm over a medium heat, then add the sweetener and stir.

Next, beat the eggs using an electric whisk until they are fluffy and start pouring the lime juice in slowly. The chemical reaction from the lime juice will make the mixture thicken.

Once the cream starts boiling, remove it from the heat and slowly start adding the egg mixture while you are still whisking.

Return pan to the heat for a few minutes, but don't let it boil.

Mix in the lime zest and pour the cream into your pie crust. Pop the pie in the oven at 150°C/300°F/Gas mark 2 and bake for 15 minutes.

Leave to cool completely, top with some more whipped cream (optional) and decorate with freshly grated lime zest.







# CLOUD CHEESECAKE

*Impress your guests with an incredibly light and fluffy take on the humble cheesecake*

## INFORMATION

**PREP TIME:**  
15 minutes

**BAKING TIME:**  
60 minutes

**SERVINGS:**  
8

**NET CARBS PER SERVING:** 5g

## INGREDIENTS

**6** eggs

**400g | 14oz | 3 ½ cups** cream cheese

**96g | 3.3oz | 1 cup** almond flour

**1 tsp** baking powder

**1 tsp** sweetener, powdered

## METHOD

Preheat the oven to 160°C/320°F/Gas mark 3. Fill a large roasting tin with around 2cm of water and place it on the bottom rack of the oven.

Line the sides of a deep nine-inch loose bottom baking tin with parchment paper, and wrap the outside base and sides with tin foil in order to prevent water from leaking in.

Whisk the cream cheese until it is soft and creamy. It is best to use this at room temperature.

Now, separate the eggs. Place the whites into a clean glass or metal bowl and the yolks into the bowl with the cream cheese.

Using a clean hand whisk to beat the egg whites for a minute and add a small amount of the sweetener. Continue beating until stiff peaks form.

Using the same whisk, beat the cream cheese and yolks for two minutes. the remaining sweetener followed by the almond flour and baking powder. Beat until combined. Pour the mixture through a sieve to make sure that there are no lumps.

Add a third of the meringue to the cream cheese mixture and carefully fold it in. When incorporated, add the next third and carefully fold it in again. Add the last third and continue to fold until there are no white blobs of meringue left.

Pour the cheesecake mixture into the cake tin, and place it in the water bath in the oven. Bake for 40 minutes, then decrease the temperature to 145°C/285°F/Gas mark 2 and bake for 20 more minutes.







# COCONUT CREAM PIE

*The best thing about the keto diet is that you get to enjoy decadent and creamy treats*

## INGREDIENTS

### FOR THE CRUST:

**60g | 2oz | ¼ cup**  
butter, melted

**48g | 1.7oz | ½ cup**  
almond flour

**2** eggs

**50g | 1.7oz | ¼ cup**  
sweetener

**¼ teaspoon** salt

**64g | 2.2oz | ½ cup**  
coconut flour sifted

**60g | 2oz | ⅓ cup** shredded  
unsweetened coconut

### FOR THE FILLING:

**385ml | 13 oz | 1 ⅔ cup**  
coconut milk

**3** egg yolks

**100g | 3.5oz | ½ cup**  
sweetener

**1 tsp** xanthan gum

**50g | 1.2oz | ½ cup**  
desicated unsweetened  
coconut

**1 tsp** grass-fed gelatin

**2 tsp** water

**472ml | 19floz | 2 cups**  
double cream

**1 tsp** vanilla extract

**3 tbsps** sweetener

**340g | 12 oz | 3 cups** cream  
cheese softened

## METHOD

Melt the butter in large bowl, add the almond flour, eggs, sweetener and salt, and mix well. Then stir in the coconut flour and shredded coconut until a dough forms.

Next, roll out the dough between two pieces of parchment paper, and then take the top sheet of paper off the dough and place into a pie dish.

Use a fork to poke small holesn all ober the base. Bake at 200°C/400°F/ Gas mark 6 for 10 minutes. Then allow the crust to cool.

### FOR THE FILLING

Heat the coconut milk until it is hot, but not boiling. Meanwhile, beat the egg yolks in a small bowl.

When the coconut milk is hot, slowly add about four tablespoons to the egg yolks, stirring quickly with a fork after each small addition. Now pour the yolk mixture into the hot coconut milk.

Reduce the heat to low, then gently sprinkle and whisk in the sweetener and xanthan gum.

Cook for 3-4 minutes or until thickened, then remove from heat. Spoon into a medium bowl and cover with cling film so skin won't form. Now place in the fridge to chill for at least four hours.

Spread coconut on a baking sheet and toast in 190°C/375°F/Gas mark 5 oven until golden. Remove and allow to cool on rack. Pour one tablespoon of water in a bowl and sprinkle gelatin on top. Once the gelatin softens, stir in one tablespoon of hot water until all the gelatin has dissolved.

With an electric whisk, beat the heavy cream with a teaspoon of vanilla and three tablespoons of sweetener until soft peaks form. Slowly pour in the dissolved gelatin mixture and beat until stiff.

In a large bowl, beat the cream cheese until light and fluffy. Slowly beat in the chilled coconut pudding, adding small amounts at a time until smooth.

Fold in half the whipped cream into the cream cheese pudding mixture.

Spread the coconut pudding cream mixture into the cooled crust. Top with the remaining whipped cream and sprinkle the toasted coconut on top. Chill for at least four hours before serving.



## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
10 minutes

**SERVINGS:**  
12

**NET CARBS PER  
SERVING:** 8g





# PECAN PIE

*This old favourite recipe gets the keto treatment*

## INFORMATION

**PREP TIME:**  
15 minutes

**BAKING TIME:**  
60 minutes

**SERVINGS:**  
12

**NET CARBS PER SERVING:** 4g

## INGREDIENTS

### FOR THE CRUST:

**240g | 8.5oz | 2 ½ cup**  
almond flour

**140g | 5oz | ⅓ cup**  
sweetener

**¼ tsp** sea salt

**60g | 2oz | ¼ cup** butter,  
melted

**1 egg**

### FOR THE FILLING:

**180g | 6oz | ¾ cup** butter

**150g | 5.3oz | ¾ cup**  
powdered sweetener

**350ml | 12floz | 1 ½ cup**  
double cream

**1 tsp** sea salt

**½ tbsp** vanilla extract

**¾ tsp** caramel stevia

**1 egg**

**310g | 11oz | 2 ½ cups**  
pecans, chopped (the ½  
**cup** should be halves)

## METHOD

Preheat the oven to 180°C/350°F/Gas mark 4. In a large bowl, mix together the almond flour, sweetener and sea salt.

Stir in the melted butter and egg until well combined. The dough will be quite dry and crumbly. Press the dough into the bottom of the prepared pan, making it as smooth as possible. Carefully poke holes in the surface.

Bake for 10-12 minutes until lightly golden.

In a large frying pan, heat the butter and sweetener for five minutes, over a medium heat, stirring often until it turns a dark golden brown.

When golden, add the cream and sea salt. Bring to a gentle simmer for 15-20 minutes until darker in colour, bubbly and thick.

Remove the sauce from heat. Stir in the vanilla and caramel stevia.

Let the pie crust and caramel sauce cool for 15-20 minutes. Once the caramel sauce has cooled, whisk in the egg.

Place chopped pecans evenly into the crust, and pour the caramel/egg mixture over the pecans. Top with pecan halves in a pretty pattern

Cover the edges of the pie crust with foil, and bake for about 40-50 minutes until the top is dark brown and the filling is set.

Cool completely, then chill for at least an hour before slicing.







# BERRY PAVLOVA

*Fruity and fantastic, this is just as  
delicious in keto form*

## INFORMATION

**PREP TIME:**  
15 minutes

**BAKING TIME:**  
90 minutes

**SERVINGS:**  
10

**NET CARBS PER  
SERVING:** 2g

## INGREDIENTS

**6** egg whites

**½ tsp** cream of tartar

**66g | 2.2oz | ⅓ cup**  
of sweetener

**236ml | 8floz | 1 cup** double  
cream

**1 tsp** vanilla extract

**½ cup** fresh raspberries

**½ cup** blueberries

## METHOD

Preheat oven to 150°C/300°F/Gas mark 2.

In a clean and dry metal or glass bowl, whisk the six egg whites until thick and frothy, then add in the cream of tartar.

Once stiff peaks have formed, add the sweetener slowly while still whisking. Continue to whisk the eggs until they become shiny and glossy and hold their form – if you can still feel the granly sweetene then keep whisking.

Spoon the light mixture onto a lined baking tray in the shape that you'd like. We drew on the parchment paper around a 20cm cake tin and followed the traced shape for a perfectly round meringue. Bake for one and a half hours.

After the 90 minutes baking, turn the oven off and allow the meringue to sit in the oven for another hour to dry out.

When you are ready to serve, whip the cream until stiff peaks form and crush half of the raspberries with a fork. Spoon the cream onto the top of the meringue, followed by the crushed raspberries, and decorate with the rest of the fruit.



DESSERT





# BERRY COBBLER

*Cobble together this long-time dessert favourite with our keto recipe*

## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
20 minutes

**SERVINGS:**  
8

**NET CARBS PER  
SERVING:** 8g

## INGREDIENTS

**3 cups** of fresh strawberries and blueberries

**1 egg**

**Pinch** of salt

**1 tsp** vanilla extract

**185g | 6.5oz | ¾ cup** butter, softened

**2 tbsp** sweetener

**128g | 4.5oz | 1 cup** coconut flour

**72g | 2.5oz | ¾ cup** almond flour

## METHOD

To begin, preheat your oven to 190°C/375°F/Gas mark 5.

In either a cast-iron skillet or a thick nine-inch cake tin, mix together the chopped strawberries and blueberries with one tablespoon of sweetener and a pinch of salt.

In a large bowl, combine the egg, butter vanilla and the rest of the sweetener and then mix in the flour. Combine the ingredients until you get a soft dough.

Use your hands to distribute the dough over your berry mixture as evenly as possible. Then press it down lightly. We tore small lumps of the dough and spread them over the top then worked to join them up so there were no gaps.

Bake in the heated oven for 20-25 minutes until golden and the berry juices are bubbling. Enjoy warm with some double cream!







# CHOCOLATE TART

*Try out the keto version of this all-time dessert favourite*

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
20 minutes

**SERVINGS:**  
12

**NET CARBS PER SERVING:** 2g

## INGREDIENTS

**120g | 4.2oz | 1 ¼ cup**  
almond flour

**70g | 2.5oz | ¾ cup**  
unsweetened shredded coconut

**1 egg**

**200ml | 6.7floz | ¾ cup**  
coconut cream

**50ml | 1.7floz | ¼ cup**  
coconut oil melted

**50g | 1.7oz | ¼ cup**  
sweetener

**2 tbsp** raw cacao powder

**1 tsp** vanilla essence

**pinch** of salt

## METHOD

Preheat the oven to 180°C/350°F/Gas mark 4.

Mix the shredded coconut, almond flour and egg with a blender or in a food processor until it forms a doughy ball.

Line a shallow pie dish with baking paper or grease it lightly with a little bit of oil. Press the dough into the dish and spread it around evenly so that it is at least two fingers high on the sides. Try to avoid any gaps.

Bake the tart base for 20 minutes or until lightly browned. Remove from the oven and let it cool.

Now, make the chocolate ganache. Melt the coconut oil, then stir in the coconut cream, cacao powder, vanilla essence, pinch of salt and sweetener. Taste and adjust the sweetener if necessary.

Pour into the cooled tart base and place in the fridge until fully set.







# STRAWBERRY TARTS

*Celebrate the summer with a delicious strawberry tart – these are incredibly close to the non-keto version*

## INFORMATION

**PREP TIME:**  
15 minutes

**BAKING TIME:**  
XX minutes

**SERVINGS:**  
4

**NET CARBS PER SERVING:** 9g

## INGREDIENTS

### FOR THE CRUST:

**192g | 6.6oz | 2 cups**  
almond flour

**60g | 2oz | ¼ cup**  
sweetener

**1 egg**

**2 tbsp** coconut oil, melted

### FOR THE FILLING:

**1 packet** sugar free  
strawberry jelly

**1 cup** strawberries

**236ml | 8floz | 1 cup** double  
cream

## METHOD

Preheat the oven to 175°C/ 350°F/Gas mark 4. Mix the sweetener and almond flour together and then add the egg and coconut oil. Mix everything until well combined.

Place the dough into mini tart tins and press up the sides to create a tart case. You should be able to make 4 tarts.

Place baking parchment on top of your tarts and use ceramic baking beans to weight the dough down and stop the crust bubbling. Place in the oven and bake for 12-15 minutes.

Follow the instructions on the jelly, omitting a third of the required liquid, and let it cool slightly.

Once the pie crusts have cooled, whip the double cream until stiff peaks form, but make sure that you don't over whip.

Place a spoonful or two of the cream to half fill each tart.

Slice your strawberries and arrange them in a pattern that you like, then carefully pour some of the jelly over the top. Now pop the tarts in the fridge to cool for at least 2 hours.







# LIME CURD TART

*This fruity surprise is definitely one for you to try*

## INFORMATION

**PREP TIME:**  
20 minutes

**BAKING TIME:**  
45 minutes

**SERVINGS:**  
10

**NET CARBS PER SERVING:** 4g

## INGREDIENTS

### LIME CURD:

**3** eggs

**3** egg yolks

**60g | 2oz | ¼ cup** sweetener

**60ml | 2floz | ¼ cup** fresh lime juice

**1 tbsp** lime zest

**6 tbsp** butter

### FOR THE CRUST:

**192g | 6.6oz | 2 cups** almond flour

**1 tsp** baking powder

**dash** salt

**2** egg whites

**2 tbsp** melted butter

**3 tbsp** sweetener

### TO SERVE:

**2 cups** fresh raspberries

## METHOD

For the curd, whisk the eggs, egg yolks and sweetener in a glass bowl until combined. Stir in the lime juice and lime zest, and then place the bowl over a saucepan of barely simmering water.

Whisk constantly until the mixture thickens. Remove from heat and add the butter, but don't stir it in yet. Let the mixture stand for a minute, then whisk until smooth. Press some cling film directly onto the surface of curd, covering it completely. Chill in the fridge for at least four hours.

Preheat the oven to 140°C/250°F/Gas mark 1 and grease a nine-inch loose bottomed tart tin.

Mix the dry ingredients in a medium bowl and then add the egg whites and butter. If the dough is sticky, simply add in some extra almond flour.

Press the dough into the tin, ensuring it covers the sides too. Bake for 45 minutes, or until light brown around edges. Leave it to cool completely.

Remove the crust from the tin and place on a plate. Spread the lime curd evenly over the baked crust, and top with raspberries.







# CHOCOLATE AND HAZELNUT CHEESECAKE

*One for all you cheesecake lovers out there, this nutty version will have everyone coming back for seconds*

## INGREDIENTS

### FOR THE BASE:

**180g | 5.3oz | 1 cup**  
blanched and roasted  
whole hazelnuts

**100g | 3.5oz | ½ cup**  
sweetener

**96g | 3.3oz | 1 cup**  
almond flour

**6 tbsp** butter, melted

**2 tbsp** raw cocoa powder

### FOR THE CHEESECAKE:

**900g | 32oz | 7 ½ cups**  
cream cheese

**4** eggs

**110g | 3.8oz | 1 cup**  
powdered erythritol  
sweetener

**3 tbsp** raw cocoa powder

**4 tsp** hazelnut extract

## METHOD

Preheat your oven to 180°C/350°F/Gas mark 4. Line the base of a 10-inch loose-bottomed cake tin with greaseproof paper.

In a food processor, combine the hazelnuts and sweetener, and pulse until fully chopped. Be careful that you don't overmix as it will turn into hazelnut butter.

Pour the mix into a bowl, and add the almond flour, melted butter and cocoa powder. Stir together with a fork until a uniform dough forms.

Tip the hazelnut mix into the tin, and press it into the bottom – push it down firmly so it's as even as possible.

Cover with parchment paper and baking beans or rice, then blind bake the base for 8 minutes.

Remove the base from the oven, and reduce oven temperature to 165°C/325°F/Gas mark 3.

In a large mixing bowl, combine the cream cheese and eggs. Then sift in the sweetener and cocoa powder, followed by the hazelnut extract.

Once the crust has been baked and cooled for five minutes, pour the cream cheese batter into the pan over the crust.

Return the cheesecake to the oven and bake for one hour.

Turn off the heat and leave in the oven for an additional 30 minutes, making sure to leave the door cracked open so the temperature gradually decreases.

Remove the cheesecake from the oven and chill in the pan for at least six hours, preferably overnight, before serving.



## INFORMATION

**PREP TIME:**  
30 minutes

**BAKING TIME:**  
60 minutes

**SERVINGS:**  
12

**NET CARBS PER  
SERVING:** 8g





# BREAD

- 122** Bread loaf
- 124** Dinner rolls
- 126** Focaccia
- 128** Breadsticks
- 130** Bagels
- 132** Sesame crispbread crackers
- 134** Soft pretzels
- 136** Scones
- 138** Chocolate doughnuts
- 140** Salted caramel doughnuts
- 142** Doughnut delights







134



140



130

121



# BREAD LOAF

*There's nothing better than freshly cooked bread,  
and this doughy delight is no exception*

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
45 minutes

**SERVINGS:**  
16

**NET CARBS PER  
SERVING:** 1g

## INGREDIENTS

**100g | 4oz | ½ cup**  
butter, melted

**30g | 1oz | 2tbsp**  
coconut oil

**7** eggs

**1 tsp** baking powder

**200g | 7oz | 2 cups**  
almond flour

**½ teaspoon** xanthan gum

**½ teaspoon** salt

## METHOD

To begin, preheat your oven to 180°C/350°F/Gas mark 4, then line a loaf tin with baking parchment.

Beat the eggs with an electric whisk for 1-2 minutes. Then, add the coconut oil and melted butter and continue beating.

Next, add the baking powder, almond flour, salt and xanthan gum – make sure everything is well combined. The mix will become quite thick, partly due to the xanthan gum.

Use a spatula to scrape the mix into the prepared loaf tin and bake for around 45 minutes. Only remove from the oven when a skewer comes out of the middle clean.

Once cooked, allow to cool for a few minutes in the tin, and then remove and leave to cool further on a wire rack. You will get a far less eggy bread if you cool it in this way.

Slice the loaf into 16 thin slices, and store in an airtight container in the fridge for up to a week.







# DINNER ROLLS

*The very definition of quick and easy,  
these are full of cheesy charm*

## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
12 minutes

**SERVINGS:**  
6

**NET CARBS PER  
SERVING:** 2g

## INGREDIENTS

**110g | 4oz | 1 cup**  
mozzarella, shredded

**30g | 1oz | 1/8 cup** cream  
cheese

**96g | 3.3oz | 1 cup** almond  
flour

**30g | 1oz | 1/8 cup** ground  
flax seed

**1** egg

**1/2 tsp** baking soda

## METHOD

Preheat the oven to 200°C/400°F/Gas mark 6.

Line baking tray with some baking parchment. In a medium bowl, melt the cream cheese and mozzarella together in the microwave for one minute or in a glass bowl over some boiling water – this way will take longer.

Stir the cheeses together until smooth, add an egg and stir until they are fully mixed together.

In a separate bowl, mix the almond flour, ground flax seed and baking soda together.

Add the cheese and egg mixture into dry ingredients, and stir until a dough forms – it will be quite sticky.

Using wet hands, gently roll the dough into six balls. Roll the tops in sesame seeds, and place them on to the lined baking tray.

Bake for 10-12 minutes until golden brown, then leave them to cool on the tray for around 15 minutes.







# FOCACCIA

*Another Italian-flavoured favourite, try these cheesy charmers for size*

## INFORMATION

**PREP TIME:**  
20 minutes

**BAKING TIME:**  
18 minutes

**SERVINGS:**  
12

**NET CARBS PER SERVING:** 3g

## INGREDIENTS

**220g | 7.7oz | 2 cups**  
shredded mozzarella

**60g | 2oz | ¼ cup** cream  
cheese

**192g | 6.6oz | 2 cups**  
almond flour

**1 tbsp** baking powder

**⅛ tsp** salt

**3** eggs

**1-2 tbsp** olive oil dipping  
sauce

## FOR THE DIPPING SAUCE:

**150ml | 6floz | ⅔ cup** extra  
virgin olive oil

**2 tbsp** grated  
parmesan cheese

**1 tbsp** fresh minced parsley

**1 tbsp** fresh minced garlic

**2 tsp** fresh minced  
rosemary

**1 ½ tsp** dried Italian  
seasoning

**¼ tsp** chilli flakes

**⅛ tsp** salt

## METHOD

Place all of the ingredients for the dipping sauce into a blender, and blend until smooth. Let them sit overnight at room temperature to allow the flavours to marinate. Once made, use up within a week.

Preheat the oven to 200°C/400°F/Gas mark 6, and position the rack in the middle of the oven. Line a 9x13-inch baking tray with parchment paper, and spread a teaspoon of olive oil evenly around it.

Put the ingredients for the focaccia into a food processor, and process the ingredients until they form a sticky dough. Scrape the dough into the baking sheet, and with oiled fingers pull to distribute evenly in the pan.

Lightly oil another piece of baking parchment and lay it over the dough. Press very gently to spread the dough, and remove the paper. This should remove any gaps you have.

Dimple it with your fingertips by pressing gently into the dough, leaving depressions. Stir the dipping sauce and drizzle 3-4 spoons over the top of the dough.

Place into the oven and bake for 12-18 minutes or until the top is lightly browned. Remove from the oven and let cool for 10 minutes before gently removing from the pan to a cooling rack to cool. Cut into 12 pieces.







# BREADSTICKS

*These compulsive party fixtures are just as addictive in keto form*

## INFORMATION

**PREP TIME:**  
20 minutes

**BAKING TIME:**  
10 minutes

**SERVINGS:**  
20

**NET CARBS PER  
SERVING:** 1g

## INGREDIENTS

**170g | 6oz | 1 ½ cup** grated mozzarella

**96g | 3.3oz | 1 cup** almond flour

**2 tbsp** cream cheese

**pinch** salt

**1** egg

**1 tbsp** garlic crushed

**1 tsp** dried rosemary

## METHOD

Preheat your oven to 200°C/400°F/Gas mark 6.

Place the mozzarella, cream cheese and almond flour into a microwave-safe bowl and mix them roughly together.

Put the mixture in a microwave set to high for one minute. Carefully take it out and stir, then put it back in for another 30 seconds. The cheese should have melted nicely, and the mix should have come together in a thick, cheesy sort of paste. You can also do this in a glass bowl over some boiling water – this way takes much longer though.

Next, add the egg, rosemary and crushed garlic and mix together to form a dough.

You need to work quite quickly, as the dough is easier to work with when it is still warm. Take small bits of the dough and roll them with your fingers into long breadstick shapes.

Place them on a baking tray lined with baking parchment, and bake in the oven for 10 minutes until golden brown.







# BAGELS

*Feel like a New York commuter with these frighteningly authentic breakfast snaps*

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
12 minutes

**SERVINGS:**  
6

**NET CARBS PER SERVING:** 6g

## INGREDIENTS

**192g | 6.6oz | 2 cups**  
almond flour

**1 tbsp** baking powder

**1 tsp** garlic powder

**1 tsp** onion powder

**1 tsp** dried Italian seasoning

**3** eggs, divided

**330g | 11.6oz | 3 cups**  
shredded mozzarella

**5 tbsp** cream cheese

## FOR THE SEASONING:

**1 tsp** garlic powder

**1 tbsp** Italian seasoning

**1 tsp** onion powder

**2 tbsp** poppy seeds

## METHOD

Preheat your oven to 220°C/425°F/Gas mark 6, and line a baking tray with baking parchment.

In a large mixing bowl, mix together the almond flour, baking powder, garlic powder, onion powder and dried Italian seasoning until well combined.

In a large microwave-safe bowl, combine the mozzarella cheese and cream cheese, and microwave for 90 seconds. Remove and stir, then return to the microwave for 30-second intervals, stirring between each until the cheese is fully melted and smooth.

Add two of the eggs into the cheese followed by the dry mix, and mix together into a dough.

It will be quite a sticky dough, but it should still be handleable. Divide it into six equal portions and roll each one into a ball. Wetting your hands a little might make this easier.

Push your finger through the centre of each ball to make a hole, and then stretch the ring to enlarge the central hole. Place each bagel on the baking tray with a decent amount of space around it.

Crack the remaining egg into a bowl and whisk. Now, brush the egg wash over the top of each bagel.

In another bowl, combine all of the seasoning ingredients, and then sprinkle generously over the top of each bagel.

Bake in the middle of the oven for 12-14 minutes or until golden brown.







# SESAME CRISPbread CRACKERS

*The perfect cheese companions somehow  
got even tastier*

**INFORMATION**

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
60 minutes

**SERVINGS:**  
25

**NET CARBS PER  
SERVING:** 6g

## INGREDIENTS

- 125g | 4.5oz | 1 1/4 cups  
sesame seeds
- 28g | 1oz | 6 2/3 tbsp  
sunflower seeds
- 60g | 2oz | 1/4 cups  
shredded cheese
- 1 tbsp ground psyllium husk  
powder
- 6 2/3 tbsp water
- 2 eggs
- 1 tsp salt

**METHOD**

Line a baking tray with parchment paper. Mix together all of the ingredients, and spread out on the parchment paper.

Sprinkle sea salt on top.

Swtich the oven to 175°C/350°F/Gas mark 4 and bake for 20 minutes.

Carefully cut the crackers into the desired form.

Lower the heat to 140°C/280°F/Gas mark 1, and bake for another 40 minutes.

Remove the crispbread and make sure it's dry all the way through. For best results keep them in the oven with the door slightly open until the oven has completely cooled.







# SOFT PRETZELS

*Enjoy guilt-free pretzels with this startlingly brilliant keto recipe*

## INFORMATION

**PREP TIME:**  
15 minutes

**BAKING TIME:**  
15 minutes

**SERVINGS:**  
6

**NET CARBS PER  
SERVING:** 5g

## INGREDIENTS

**192g | 6.7oz | 2 cups**

almond flour

**1 tbsp** baking powder

**1 tsp** garlic powder

**3** eggs, divided

**330g | 11.6oz | 3 cups**

grated mozzarella

**5 tbsp** cream cheese

Coarse sea salt

## METHOD

Preheat the oven to 220°C/425°F/Gas mark 7, and line a baking tray with baking parchment.

Then, in a mixing bowl, combine the almond flour, baking powder and garlic powder, and mix until well combined.

Whisk one of the eggs in a small bowl and set aside. Next, in a large microwave-safe bowl, mix together the mozzarella and cream cheese. Microwave for 90 seconds. Stir, then return to the microwave for one minute and stir well. You can also melt the cheese in a glass bowl over a pan of boiling water.

Add the remaining two eggs and the almond flour mixture into the cheese, and mix until all the ingredients are well incorporated.

Divide the dough into six, roll each into a long, thin piece resembling a breadstick, and fold each one into the shape of a pretzel.

Brush the top of each pretzel with the egg wash, and then sprinkle the sea salt over the top.

Bake on the middle rack for 12-14 minutes or until golden brown.



### DOUGH TIP

If the dough gets becomes stringy and difficult to handle, pop it back in the microwave for around 30 seconds and try again.







# SCONES

*Who remembers good old jam and scones?  
Reignite your fond memories with this recipe*

## INFORMATION

**PREP TIME:**  
5 minutes

**BAKING TIME:**  
15 minutes

**SERVINGS:**  
12

**NET CARBS PER  
SERVING:** 3g

## INGREDIENTS

**144g | 5oz | 1 ½ cups**  
almond flour

**1 tbsp** baking powder

**2 large** eggs

**72g | 2.6oz | ⅓ cup**  
sour cream

**4 tbsp** unsalted butter  
melted, cooled

## TO SERVE:

Strawberry chia seed jam

Whipped cream

Butter

## METHOD

Begin by preheating your oven to 200°C/400°F/Gas mark 6, and lightly oil a 12-cup muffin tin.

Melt the butter in a medium-sized saucepan and leave it to cool down slightly. Next, in a large mixing bowl, combine the dry ingredients together evenly.

When the butter has cooled enough, add in the eggs and sour cream, then stir until everything has mixed together.

Now, add the butter and egg mix to the dry ingredients and stir well, ensuring everything has been mixed in.

Use a cookie scoop or tablespoon to divide the batter between the 12 muffin holes, and then bake in the oven for 10 minutes until the tops are golden brown.

For the most authentic scone experience, serve them with butter, jam and cream, along with a cup of your favourite tea.

## CHIA SEED JAM

### METHOD

Place the strawberries and sweetener in a pan, and cook over a medium heat for around five minutes. Stir the mix occasionally to break down the strawberries with your spoon.

Once the strawberries have broken down as much as you would like them to, remove them from the heat and then stir in the lemon juice and chia seeds.

Leave it to sit for five minutes, and if it hasn't thickened much, add some more seeds.

Let it cool further and then pop it in the fridge, where it will thicken and become more jam-like.



### INGREDIENTS

**1 cup** chopped strawberries

**½ tbsp** lemon juice

**1 tbsp** sweetener

**1-2 tbsp** chia seeds







# CHOCOLATE DOUGHNUTS

*Genuinely one of our favourite things in the world, these are well worth the wait*

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
17 minutes

**SERVINGS:**  
10

**NET CARBS PER SERVING:** 2g

## INGREDIENTS

4 eggs

**125g | 4.4oz | ½ cup** butter, melted

**3 tbsp** almond milk

**1 tsp** stevia

**30g | 1oz | ¼ cup** coconut flour

**30g | 1oz | ¼ cup** raw cocoa powder

**¼ tsp** sea salt

**¼ tsp** baking soda

### FOR THE GLAZE:

**180g | 6oz | ¾ cup** extra dark chocolate chips

**1 tbsp** coconut oil

## METHOD

First, preheat the oven to 175°C/350°F/Gas mark 4, and grease 10 silicon doughnut moulds. Avoid using a metal doughnut pan, as they may stick.

Now, whisk together the eggs, melted butter, milk and stevia. Then continue whisking as you add in the coconut flour, cocoa powder, salt and baking soda.

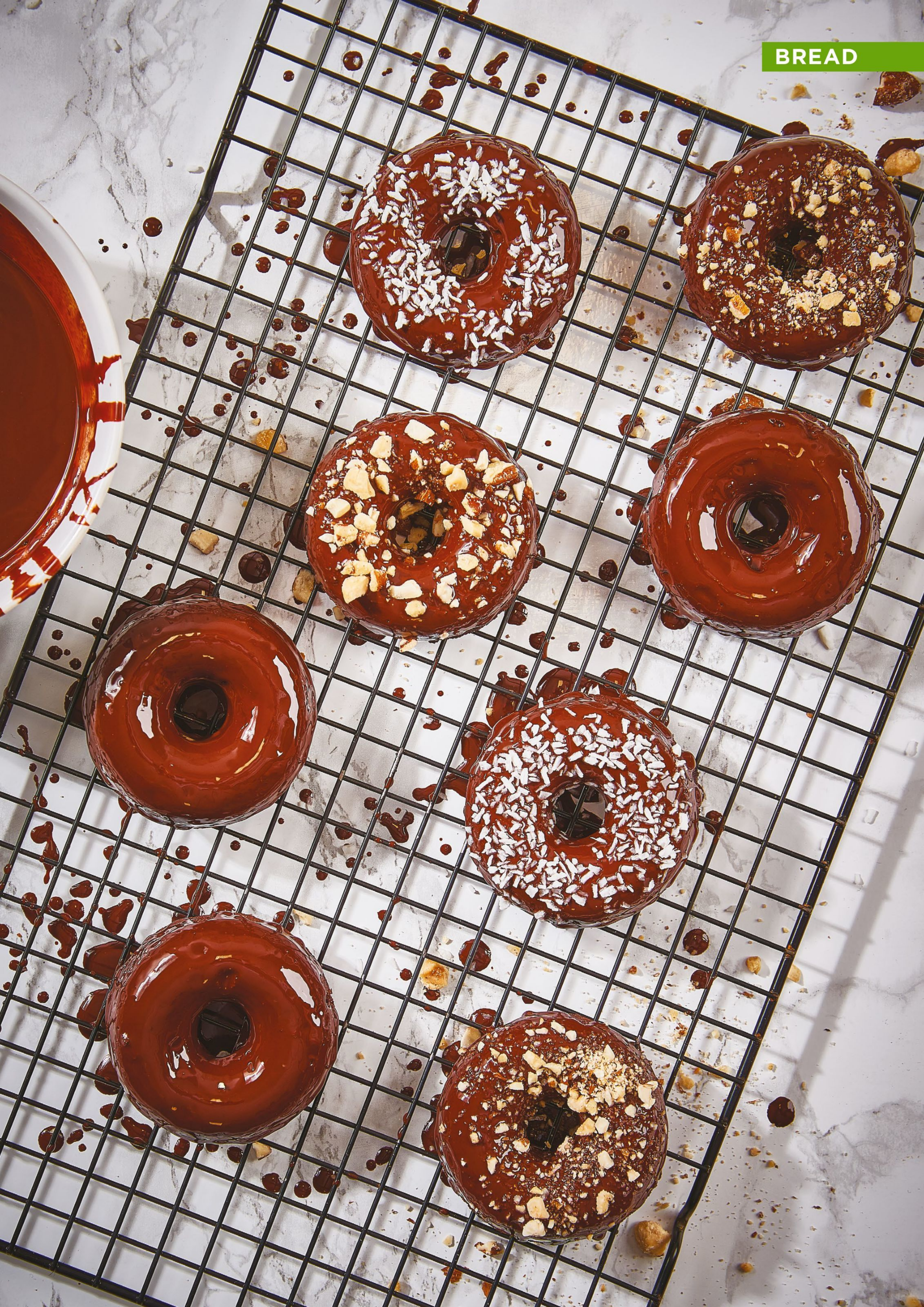
The mix might feel quite thick because of the coconut flour. Make sure each doughnut hole is around three quarters full, then bake for around 17 minutes until they have risen.

Put the pan on a cooling rack and allow them to cool for around 15 minutes before carefully removing them.

Melt the chocolate chips in a bowl over a pan of boiling water, and once melted stir in the coconut oil.

Dip each doughnut into the glaze and place them back on the rack to set, which will take around 30 minutes. If you want, you can sprinkle with toppings like shredded coconut or chopped nuts.







# SALTED CARAMEL DOUGHNUTS

*Not a fan of plain old doughnuts? Get a bit of flavour in your life with these*

## INGREDIENTS

### FOR THE DOUGHNUTS:

- 2 tbsp butter, softened
- 100g | 3.5oz | ½ cup sweetener
- 2 eggs
- 60ml | 2floz | ¼ cup unsweetened almond milk
- 1 tsp vanilla
- 96g | 3.3oz | 1 cup almond flour
- 1 tbsp psyllium husk powder
- 1 tbsp baking powder

### FOR THE GLAZE:

- 60g | 2oz | ¼ cup unsweetened chocolate
- 3 tbsp butter
- 2 tbsp powdered sweetener

### FOR THE SALTED CARAMEL NUTS:

- 60g | 2oz | ⅓ cup raw walnuts
- 1 tbsp sweetener
- ½ tbsp butter
- Pinch of sea salt

## METHOD

- Preheat the oven to 175°C/350°F/Gas mark 4, and grease a six-doughnut pan with a little oil.
- Cream the softened butter and sugar together until they are mixed evenly. Add the eggs, and beat with an electric whisk.
- Pour in the milk and vanilla, and beat again just to make sure that all of the ingredients are mixed well.
- Combine the remaining dry ingredients, and then add half to the wet mixture and mix together. Add the rest and stir.
- Pour the batter into a prepared doughnut pan and bake for 20 minutes or until the doughnuts begin to brown. Cool completely before removing from the pan, as they might be quite soft.
- Once they have cooled, make the topping. Melt the chocolate and butter in a microwave-safe dish and mix in the powdered sweetener, and set aside until the doughnuts are ready for dipping.
- Heat the nuts, sweetener and butter in a small microwave-safe dish for 45 seconds at a time, stirring frequently until the nuts begin to caramelize. Spread the nuts on parchment paper and sprinkle with salt.
- Dip the doughnuts in the liquid chocolate, and top with the salted caramel nuts.

## INFORMATION

PREP TIME:  
5 minutes

BAKING TIME:  
20 minutes

SERVINGS:  
6

NET CARBS PER  
SERVING: 3g







# DOUGHNUT DELIGHTS

*We bet that you can't find anyone who wouldn't like these*



## PUMPKIN SPICE

### INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
17 minutes

**SERVINGS:**  
10

**NET CARBS PER SERVING:** 7g

### INGREDIENTS

The same ingredients as in the recipe on page 138, plus:

**2 tsp** ground cinnamon

**1 tsp** ground nutmeg

**1 tsp** ground ginger

**2 tbsp** granulated sweetener

### METHOD

Follow the directions on page 138 and just before putting into the moulds, stir in 1 tsp of cinnamon, nutmeg and ginger. Once baked don't dip in the chocolate, but instead dip in a mix of the other tsp of cinnamon and granulated sweetener.



## CINNAMON SUGAR

### INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
17 minutes

**SERVINGS:**  
10

**NET CARBS PER SERVING:** 2g

### INGREDIENTS

The same ingredients as in the recipe on page 138, plus:

**2 tsp** ground cinnamon

**2 tbsp** granulated sweetener

### METHOD

Follow the directions on page 138 and just before putting into the moulds, stir in 1 tsp of vanilla extract. Once baked don't dip in the chocolate, but instead dip in a mix of the cinnamon and granulated sweetener.



# VANILLA

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
17 minutes

**SERVINGS:**  
10

**NET CARBS PER  
SERVING:** 2g

## INGREDIENTS

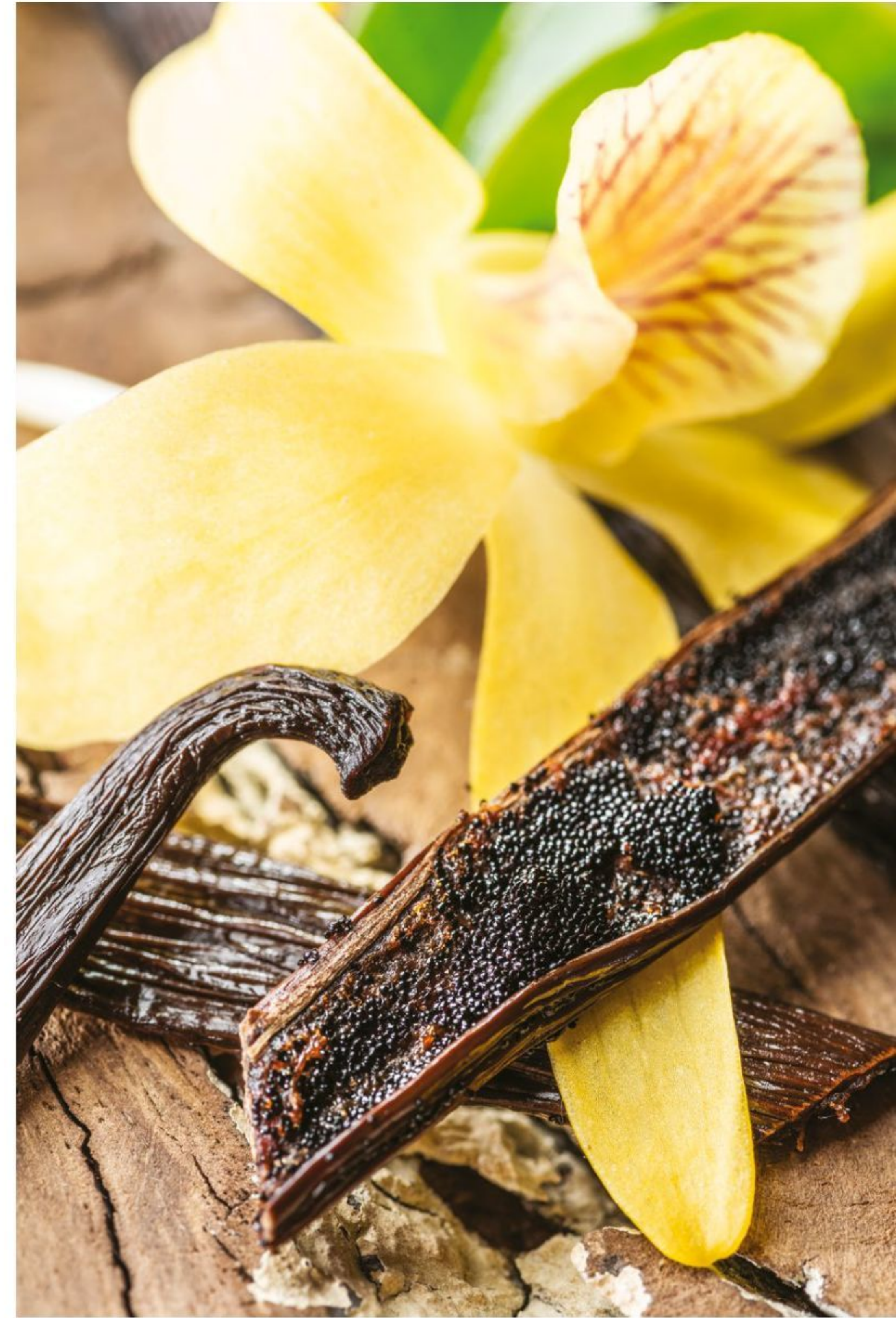
The same ingredients as in the recipe on page 138, plus:

**2 tsp** vanilla extract

**2 tbsp** sweetener powdered

## METHOD

Follow the directions on page 138 and just before putting into the moulds, stir in 1 tsp of vanilla extract. Once baked don't dip in the chocolate, but instead dip in a little powdered sweetener mixed with the other tsp of vanilla and a little water. Sprinkle with the special sprinkle on page 48.



# BLUEBERRY AND LEMON

## INFORMATION

**PREP TIME:**  
10 minutes

**BAKING TIME:**  
17 minutes

**SERVINGS:**  
10

**NET CARBS PER  
SERVING:** 2g

## INGREDIENTS

The same ingredients as in the recipe on page 138, plus:

**½ cup** blueberries

**3 tbsp** fresh lemon juice

**2 tbsp** sweetener powdered

## METHOD

Follow the directions on page 138 and just before putting into the moulds, stir in the whole blueberries and 2 tbsp of lemon juice. Once baked don't dip in the chocolate, but instead dip in a little powdered sweetener mixed with a touch of lemon juice.





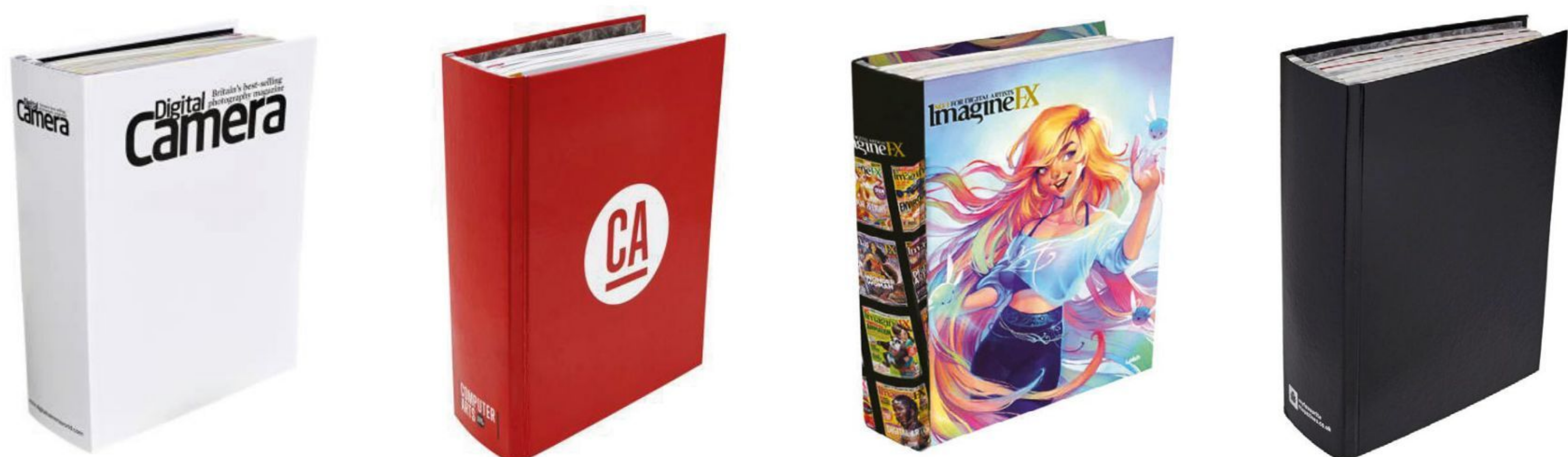
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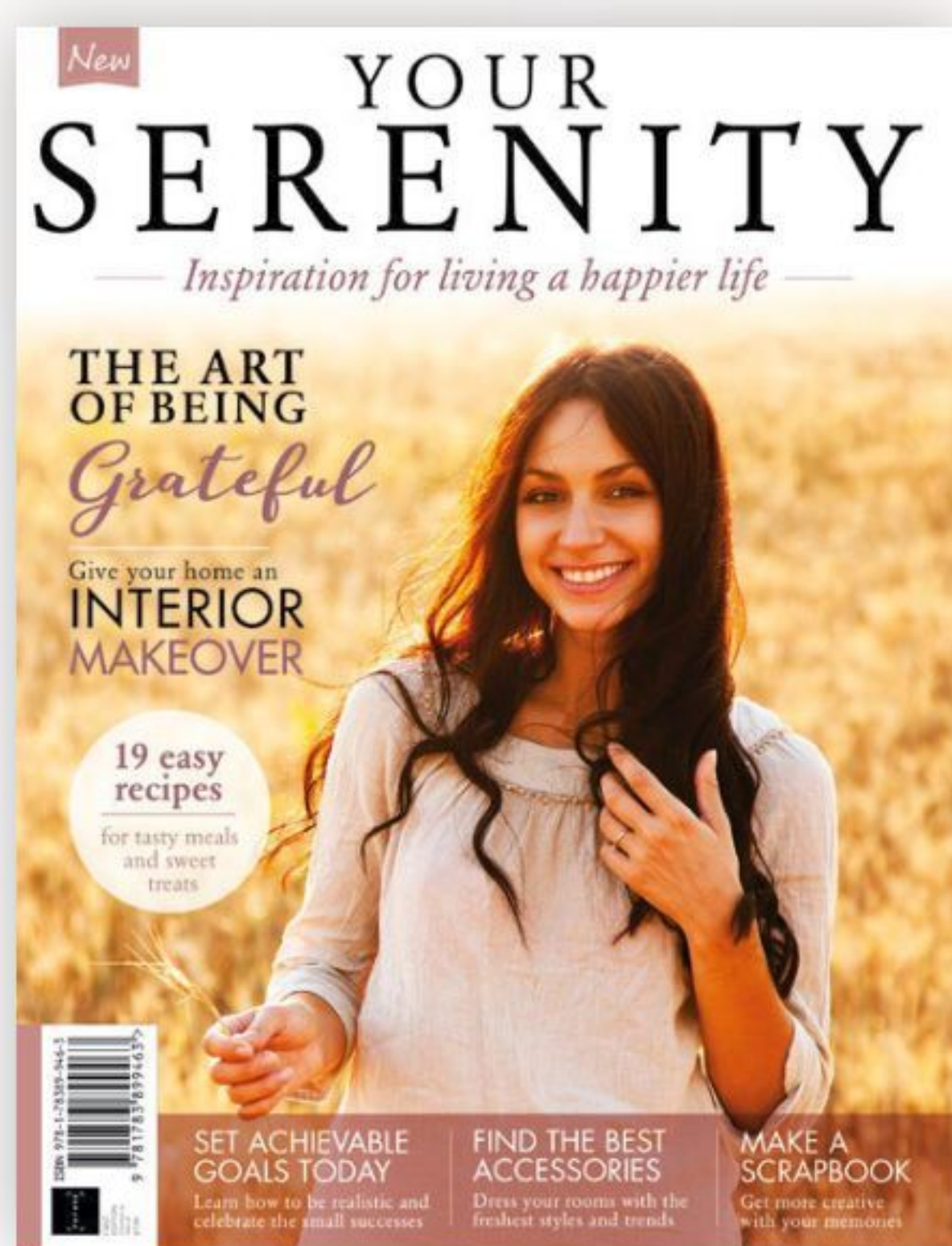
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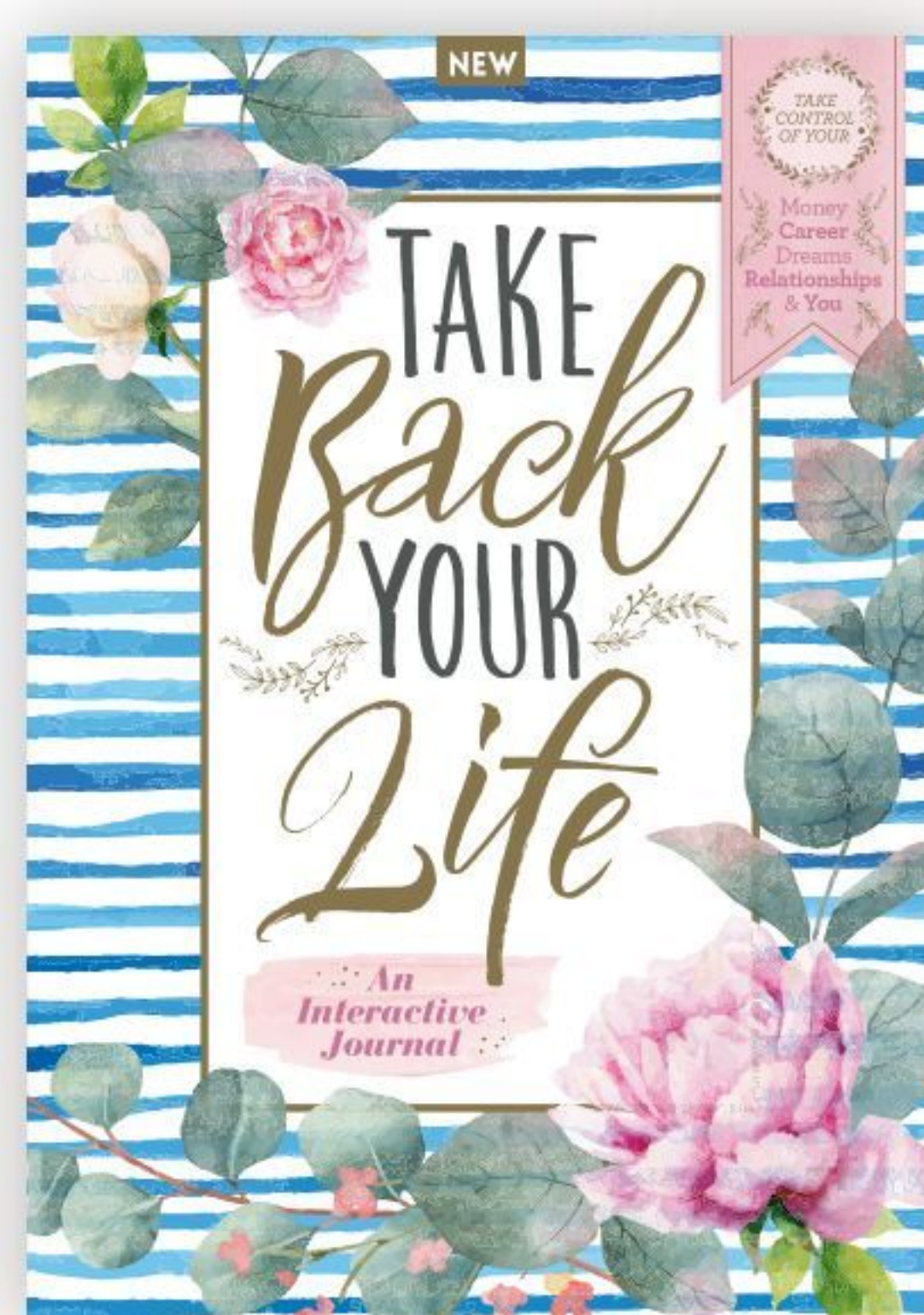
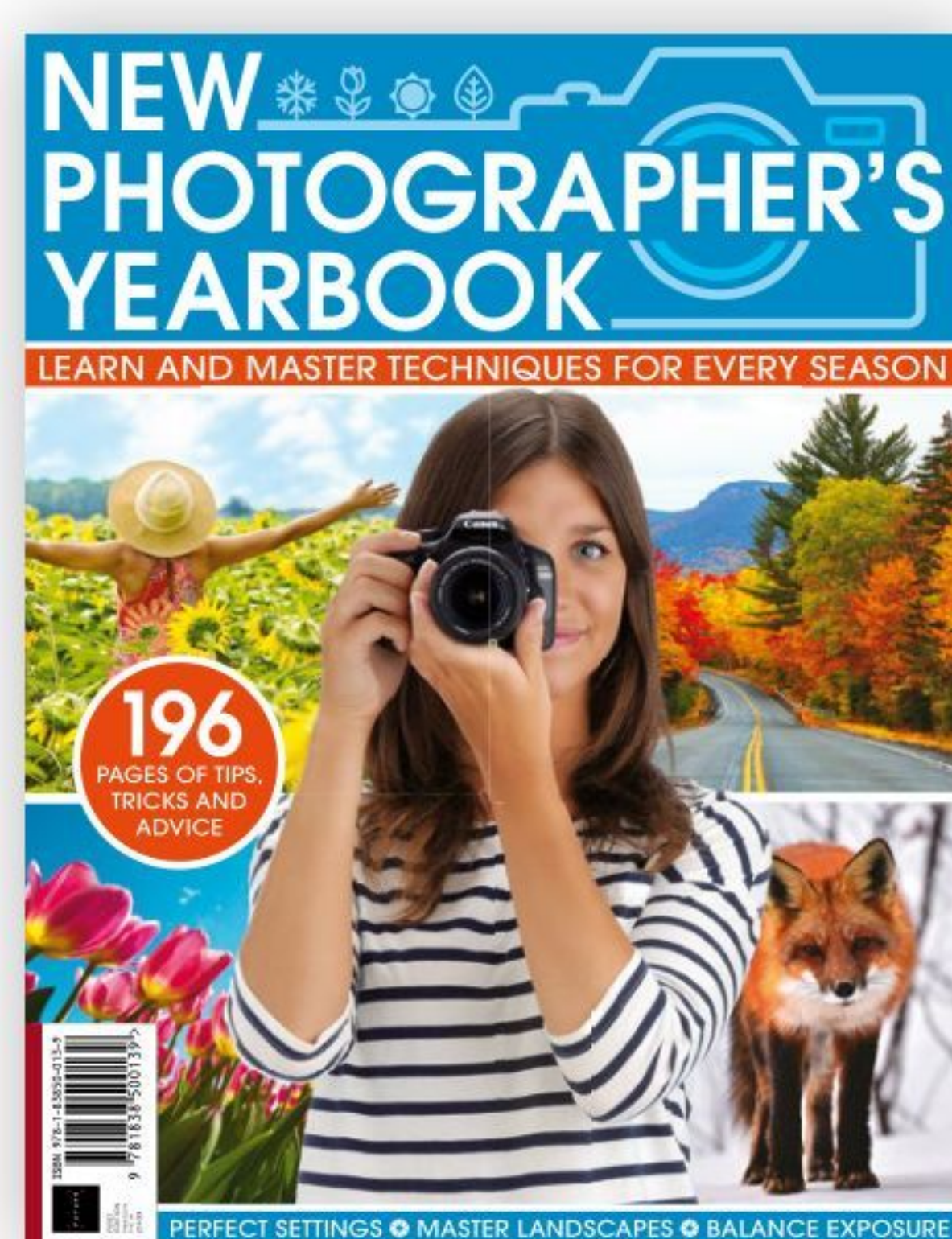
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